



# JUVENIELLE COMPETITION

2022

**PLEASE NOTE THAT ALL OF THE INFORMATION  
CONTAINED IN THIS BOOKLET IS SUBJECT TO  
CHANGE DEPENDING UPON THE COVID 19  
RESTRICTIONS AND GOVERNMENT GUIDELINES IN  
PLACE AT THE TIME.**

**PLEASE PAY PARTICULAR ATTENTION TO RULES OF  
ENTRY.**

**UP-TO-DATE TIMETABLES WILL BE PUBLISHED ON  
THE WEBSITE PRIOR TO EACH COMPETITION.**

## CELTIC CROSS COUNTRY, 22nd January 2022, Dundonald, Belfast

### ***Selection Policy:***

First four (4) individual girls & boys in the National U16 Cross Country, (excluding those athletes eligible for selection for the Ulster/NI Celtic Team), will be selected for the Athletics Ireland Celtic Games International team. The next four (4) individual girls & boys, (excluding those athletes eligible for selection for the Ulster/NI Celtic Team), will be selected for the Athletics Ireland Celtic Games Development Team. The next two (2) individual girls and boys, (excluding those athletes eligible for selection for the Ulster/NI Celtic Team), will be placed on a reserve list should they be required. The full policy can be viewed on the HP website. All athletes will be requested to fill in the National Team Declaration Form.

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## Chairpersons Address

On behalf of the Juvenile Committee of Athletics Ireland, I would like to thank parents, club officials and young athletes for their continuous support of our great sport. Covid-19 put a stop to many of our activities during 2020 and part of 2021 but we are delighted to welcome you all back to our competition events.

To all the volunteers at Club, County, Regional and National Level, we owe a sincere word of gratitude for all your work promoting our sport.

This booklet contains information regarding all aspects of juvenile athletes and thanks to Amanda Hynes for all her time in putting this booklet together.

I hope that every athlete taking part in any of our events has memorable experiences and creates some lifelong friendship throughout the year.

I would like to thank our sponsors Irish Life Heath for their financial support, which we greatly appreciate.

While it has always been a busy calendar on the domestic scene, 2021 proved to be even more congested as we had to condense the season for National competition into 4 weekends. Unfortunately, U18 International events were cancelled in 2021 but we look forward to u18 European Championships in Jerusalem and the u17 EYOF in Slovenia during July 2022. We also look forward to a return to the Celtic Cross Country in Belfast in January 2022.

I wish to thank the AAI Competitions Department for all the work done in the office to coordinate the logistics for all events.

Thanks to all the members of the Juvenile Committee for their help and most importantly their contribution to the efficient running of the program during the year.

I would just like to end by stating our door is always open for feedback on any aspect of juvenile athletics and feel free to contact any member of the committee with issues or concerns at any time.

Best of luck in all events in 2022

Yours in sport  
Evelyn O'Reilly  
Chairman – Juvenile Committee



## Code of Ethics and Good Practice for Children's Sport

### *Policy Statement for the Athletic Association of Ireland*

The Athletic Association of Ireland is fully committed to safeguarding the well-being of all of its members. Every individual in Athletics Ireland should at all times show respect and understanding for members rights, safety and welfare and conduct themselves in a manner that reflects the principles of the organisation and the guidelines contained in the:

### *Code of Ethics and Good Practice for Children in Athletics*

In Athletics Ireland, our first priority is the welfare of the young people, and we are committed to providing an environment that will allow participants to perform to the best of their ability, free from bullying and intimidation.

This is an extract from the Policy Statement from the Code of Ethics and acts as a guide for all rules. The Code has been distributed to all clubs and is readily available from Athletics Ireland.

### *Policy on Photographers*

For Indoor Competition, no photographers (except Sportsfile where required) are allowed at any time within the competition arena (track or field area).

For Outdoor Competition, a limited number of passes are available to press credentialed photographers. These are available on application from the Meet Director or Competition Manager prior to the start of the first event of that day's program.

### *Protest/ Appeals Process*

- Any protest in the first instance shall be made *orally* to the Referee by the athlete or someone acting on their behalf.
- Protests shall be made within 30 minutes of the completion of the event.
- The Referee may decide the protest *or* refer it to the Jury of Appeal. To arrive at a fair decision the Referee should use any available evidence they feel is necessary.
- The appeal to the Jury should only come after a decision by the Referee.
- The appeal to the Jury shall be in writing signed by a responsible club official on behalf of the athlete or team and shall be made within 30 minutes following the decision of the Referee and shall be accompanied by a €20 fee which will be forfeited if the appeal is unsuccessful.
- The Jury of Appeal shall consist of a representative of each of the five regions.
- The decision of the Jury of Appeal shall be final.

### *Attire*

Official club singlets must be worn in all national competitions. If club singlet is not available, a plain white vest or tee shirt is acceptable.

National Apparel is to be worn only when representing Ireland at International Competition. No athlete should compete wearing Athletics Ireland shorts at a National Event.

In general, shorts should be single colour, not patterned. While a Nike/Adidas etc. logo is acceptable, multi-coloured or patterned shorts are not.

Where possible shorts should complement the singlet, if in doubt black is always acceptable.

## Athletics Ireland Child Protection Policy Statement

Athletics Ireland acknowledges its duty of care to safeguard and promote the welfare of children and is committed to ensuring safeguarding practice reflects statutory responsibilities, government guidance and complies with legislation, best practice and Sport Ireland requirements.

The policy recognises that the welfare and interests of children are paramount in all circumstances. It aims to ensure that regardless of age, ability or disability, gender reassignment, race, religion or belief, sex or sexual orientation, socio-economic background, all children

- have a positive and enjoyable experience of sport at Athletics Ireland in a safe and child centred environment are protected from abuse whilst participating in athletics or outside of the activity.
- Athletics Ireland acknowledges that some children, including disabled children and young people or those from ethnic minority communities, can be particularly vulnerable to abuse and we accept the responsibility to take reasonable and appropriate steps to ensure their welfare.

### ***As part of our safeguarding policy Athletics Ireland will***

- promote and prioritise the safety and wellbeing of children and young people
- ensure everyone understands their roles and responsibilities in respect of safeguarding and is provided with appropriate learning opportunities to recognise, identify and respond to signs of abuse, neglect and other safeguarding concerns relating to children and young people
- ensure appropriate action is taken in the event of incidents/concerns of abuse and support provided to the individual/s who raise or disclose the concern
- ensure that confidential, detailed and accurate records of all safeguarding concerns are maintained and securely stored
- prevent the employment/deployment of unsuitable individuals within our sport
- ensure robust safeguarding arrangements and procedures are in operation.
- The policy and procedures will be widely promoted and are mandatory for everyone involved in Athletics Ireland. Failure to comply with the policy and procedures will be addressed without delay and may ultimately result in dismissal/exclusion from the organisation.

### ***Athletics Ireland Child Safeguarding Mandated Person for reporting concerns***

The Mandated Person for Athletics Ireland is Kieron Stout. If you have a query or a child safeguarding concern, please email the Athletics Ireland National Children's Officer at [kieronstout@athleticsireland.ie](mailto:kieronstout@athleticsireland.ie) or [childwelfare@athleticsireland.ie](mailto:childwelfare@athleticsireland.ie) or by phone on 086 2450134.

If you have an immediate concern for the safeguarding or wellbeing of a child you should contact your local Garda station or consult Tusla, the Child and Family agency at [www.tusla.ie](http://www.tusla.ie)

## Athletics Ireland Coaches and Officials Code of Conduct

Sport should be safe, fun, inclusive and conducted in a spirit of fair play. All coaches and officials must adhere to the following code of conduct when providing services to children in sport.

### *All coaches, officials and volunteers in athletics should:*

- Consider the wellbeing and safety of participants before the development of performance.
- Develop an appropriate working relationship with participants, based on mutual trust and respect.
- Make sure all activities are appropriate to the age, ability and the experience of those taking part.
- Promote the positive aspects of the sport (e.g. fair play)
- Display consistently high standards of behaviour.
- Follow all guidelines laid down by the national governing body and the club.
- Hold appropriate qualifications and insurance cover.
- Never exert undue influence over participants to gain personal benefit or reward.
- Never condone rule violations, rough play or the use of prohibited substances.
- Encourage participants to value their performances and not just results.
- Encourage and guide participants to accept responsibility for their own performance and behaviour.
- Never use foul or inappropriate language.
- Never engage in any form of sexual activity with anyone under the age of 18, or vulnerable adults.
- Read, understand and put into practice all club policies and procedures.
- Coaches and leaders should never place themselves in a compromising position by texting or communicating via social media sites with juvenile athletes. All such communications regarding athletics should be sent via the parents or guardians of the athlete.

### *The following should apply when communicating with juvenile athletes:*

- Only use a club group text or email system for communicating with parents/guardians of athletes.
- Do not communicate individually by text or email with juvenile athletes.
- Do not engage in communications with underage athletes via personal social network sites.
- Always use official club group text or social media sites to communicate with juvenile athletes.



## Athletics Ireland Code of Conduct for Parents and Carers

Everyone involved in sport, children, parents/guardians and sports leaders should accept their role and responsibilities and undertake to commit to maintaining an enjoyable and safe environment for all participants. There exists a duty of care on all adults to safeguard children. Adults have a crucial leadership role to play in sport. Whether they are parents/guardians or sports leaders or teachers, they can contribute to the creation of a positive sporting environment for young people. Positive relationships will result in growth, development and fulfilment for all those involved in children's sport. Parents/guardians play a key role in the support and promotion of an ethical approach to sport and young people's enjoyment in sport. Parents/guardians therefore need to be aware, informed and involved in promoting the safest possible environment for children to enjoy their participation in sport. Sports leaders need the support of parents/guardians in conveying the fair play message. All participants in sport have a responsibility to keep sport safe, fun, inclusive and conducted with a spirit of fair play for all.

### ***All parents and carers in athletics should:***

- Support your child's involvement and help them to have fun and enjoy their sport.
- Always encourage your child to learn the rules and play within them.
- Discourage unfair play and arguing with officials.
- Help your child to recognise good performance, not just results.
- Never force your child to take part in sport.
- Set a good example by recognising fair play and applauding good performances of all.
- Never punish or belittle a child for losing or making mistakes.
- Publicly accept Athletics Ireland officials' judgments.
- Use correct and proper language at all times.
- Encourage and guide performers to accept responsibility for their own performance and behaviour.

### ***Athletics Ireland Code of Conduct for Children and Young People***

Your sport should be safe, fun, inclusive and conducted in a spirit of fair play. As a young person you are entitled to the best possible environment to participate in sport. You deserve to be given enjoyable, safe sporting opportunities, free from abuse of any kind. You have rights, which must be respected, and responsibilities that you must accept. You should always treat other athletes and team leaders with fairness and respect.

### ***As a child or a young person, you are entitled to:***

- Be safe and to feel safe
- Be listened to
- Be believed
- Be treated with dignity, sensitivity, and respect
- Have your voice heard in your sport
- Participate on an equal and non-discriminatory basis
- Have fun and enjoy your sport
- Experience competition at a level at which you are happy
- Make complaints and have them dealt with
- Get help against those who bully
- Say No
- To protect your body
- Privacy and confidentiality

### ***You should always:***

- Treat all group or team members and your Sports Leaders with respect
- Act fairly and responsibly at all times, do your best
- Respect other group or team members
- Respect opponents and be gracious in defeat
- Abide by the rules as set out by the group or team you are with
- Support and assist where appropriate with the running of your group

### ***You should never:***

- Cheat or seek to gain an unfair advantage
- Intimidate, use violence or physical contact that is not welcome
- Shout at or argue with another person unreasonably
- Cause harm to or damage property
- Bully or threaten another person online or offline
- Take banned substances
- Spread or circulate rumours online or offline about another person
- Tell lies or untruths

## Competition Code of Conduct for Parents, Coaches and Mentors

Parents/Guardians should lead by example:

Adopt a positive attitude to their children's participation

Respect officials' decisions and encourage children to do likewise

Do not exert undue pressure on your child

Never admonish your child or any other child for their performance

Be realistic in their expectations

Show approval for effort, not just results

Never embarrass a child or use sarcastic remarks

Applaud good performances from all children

Do not criticise children's performances

Do not seek to unfairly affect a result

Do not enter the competition area unless specifically invited to by an official in charge

Never use foul language or provocative gestures to officials

Do not question an official's decisions or integrity

Encourage children to respect and accept the judgment of officials

Promote fair play

Check the program for the Referee of Children Officers name – these are the people to speak to if you have a complaint

Any Breach of this code may lead to your exclusion from future events

Athletics Ireland is fully committed to providing a positive, fair and safe environment for our children and officials. Athletics Ireland acknowledges that without the commitment of our officials who freely and generously give their time, it would not be possible to provide competitive opportunities for your children. Officials have a duty to be impartial, fair and fully informed of competition rules and regulations.

## Juvenile Committee

### **Chairperson**

Ms. Evelyn O'Reilly  
Ph: 086 8520649  
Email: evelynoreilly62@gmail.com

### **Deputy Chairperson**

Mrs Bernie Dunne  
Ph: 087 9830567  
Email: berniedunne21@gmail.com

### **Ulster Rep & Cross-Country Secretary**

Mr Mark Connolly  
Ph: 00 44 780 976 4733  
Email: mark.athletics@gmail.com

### **Leinster Rep**

Ms Catriona Duffy  
Ph: 087 2192511  
Email: catriona.athleticsleinster@gmail.com

Ms. Esther Fitzpatrick  
Ph: 022 48302  
Email: liscarrollathletics@yahoo.co.uk

### **Co-Optee**

Mr Greg Duggan  
Ph: 087 2838329  
Email: gjduggan@eircom.net

### **AAI National Children's Officer**

Mr Kieron Stout  
Unit 19 Northwood Court  
Northwood Business Campus  
Santry  
Dublin 9  
Ph: 086 2450134  
E-mail: kieronstout@athleticsireland.ie

### **Connacht Rep & Secretary**

Ms Anne McHugh  
Ph: 087 2355103  
Email: annebmchugh@gmail.com

### **Track & Field Competition Secretary**

Ms Amanda Hynes  
Ph: 085 888 3383  
Email: hynes245@hotmail.com

### **Munster Rep**

Mr. Tim Fitzpatrick  
Ph: 022 48302  
Email: liscarrollathletics@yahoo.co.uk

Mr. John McGrath  
Ph: 087 981 8473  
Email : johnvmcgrath@hotmail.com

Mr. David Murphy  
Ph: 086 839 0705  
Email: davidmurf@gmail.com

### **Children's Officer for National Championships**

Mr Matt Lynch  
Ph: 086 2322102  
Email : mattlynch@o2.ie

## 2022 Age Categories

Age categories calculated from 31<sup>st</sup> December in the year of competition.

No athlete may obtain a birthday in the year of competition and compete in that age.

Please note all ages in this booklet should be read as UNDER the stated age.

Under 9	Born 2014
Under 10	Born 2013
Under 11	Born 2012
Under 12	Born 2011
Under 13	Born 2010
Under 14	Born 2009
Under 15	Born 2008
Under 16	Born 2007
Under 17	Born 2006
Under 18	Born 2005
Under 19	Born 2004

## Field Standards and Hurdle Specifications for ALL National Championships

### INDOOR HURDLES

Age Group	Distance	Height	No.	Approach	Interval	Finish
Girls 13	60m	68.6cm 2' 3"	5	11.00m	7.25m	20.00m
Girls 14	60m	68.6cm 2' 3"	5	11.50m	7.50m	18.50m
Girls 15	60m	76.2cm 2' 6"	5	12.00m	8.00m	16.00m
Girls 16	60m	76.2cm 2' 6"	5	12.00m	8.00m	16.00m
Girls 17	60m	76.2cm 2' 6"	5	13.00m	8.50m	13.00m
Girls 18 & Youth	60m	76.2cm 2' 6"	5	13.00m	8.50m	13.00m
Girls 19	60m	84.0cm 2' 9"	5	13.00m	8.50m	13.00m
Boys 13	60m	68.6cm 2' 3"	5	11.00m	7.25m	20.00m
Boys 14	60m	76.2cm 2' 6"	5	11.50m	7.50m	18.50m
Boys 15	60m	84.0cm 2' 9"	5	12.00m	8.00m	16.00m
Boys 16	60m	84.0cm 2' 9"	5	13.00m	8.50m	13.00m
Boys 17	60m	91.4cm 3' 0"	5	13.00m	8.50m	13.00m
Boys 18 & Youth	60m	91.4cm 3' 0"	5	13.72m	9.14m	9.72m
Boys 19	60m	99.0cm 3' 3"	5	13.72m	9.14m	9.72m

### TABLE OF THROWING IMPLEMENTS

Boys	12	13	14	15	16	17	18	19
Shot	2k	2k	2.72k	3k	4k	5k	5k	6k
Discus			.75k	1k	1k	1.5k	1.5k	1.75k
Javelin		400g	400gr	500gr	600gr	700gr	700gr	800gr
Turbo Javelin	300g							
Hammer			2.5k	3k	4k	5k	5k	6k
Girls	12	13	14	15	16	17	18	19
Shot	2k	2k	2k	2.72k	3k	3k	3k	4k
Discus			.75k	.75k	1k	1k	1k	1k
Javelin		400g	400gr	400gr	500gr	500gr	500gr	600g
Turbo Javelin	300g							
Hammer			2.5k	2.5k	3k	3k	3k	4k

**OUTDOOR TRACK & FIELD HURDLES**

<b>Age Group</b>	<b>Distance</b>	<b>Height</b>	<b>No.</b>	<b>Approach</b>	<b>Interval</b>	<b>Finish</b>
<b>Girls 13</b>	60m	68.6cm 2' 3"	6	11.00m	7.25m	12.75m
<b>Girls 14</b>	75m	68.6cm 2' 3"	8	11.50m	7.50m	11.00m
<b>Girls 15</b>	80m	76.2cm 2' 6"	8	12.00m	8.00m	12.00m
<b>Girls 15</b>	250m	68.6cm 2' 3"	6	35.00m	35.00m	40.00m
<b>Girls 16</b>	80m	76.2cm 2' 6"	8	12.00m	8.00m	12.00m
<b>Girls 16</b>	250m	68.6cm 2' 3"	6	35.00m	8.00m	40.00m
<b>Girls 17</b>	100m	76.2cm 2' 6"	10	13.00m	8.50m	10.50m
<b>Girls 17</b>	300m	76.2cm 2' 6"	7	50.00m	35.00m	40.00m
<b>Girls 18 &amp; Youth</b>	100m	76.2cm 2' 6"	10	13.00m	8.50m	10.50m
<b>Girls 18</b>	400m	76.2cm 2' 6"	10	45.00m	35.00m	40.00m
<b>Girls 19</b>	100m	84.0cm 2' 9"	10	13.00m	8.50m	10.50m
<b>Girls 19</b>	400m	76.2cm 2' 6"	10	45.00m	35.00m	40.00m
<b>Boys 13</b>	60m	68.6cm 2' 3"	6	11.00m	7.25m	12.75m
<b>Boys 14</b>	75m	76.2cm 2' 6"	8	11.50m	7.50m	11.00m
<b>Boys 15</b>	80m	84.0cm 2' 9"	8	12.00m	8.00m	12.00m
<b>Boys 15</b>	250m	76.2cm 2' 6"	6	35.00m	35.00m	40.00cm
<b>Boys 16</b>	100m	84.0cm 2' 9"	10	13.00m	8.50m	10.50m
<b>Boys 16</b>	250m	76.2cm 2' 6"	6	35.00m	35.00m	40.00m
<b>Boys 17</b>	100m	91.4cm 3' 0"	10	13.00m	8.50m	10.50m
<b>Boys 17</b>	300m	76.2cm 2' 6"	7	50.00m	35.00m	40.00m
<b>Boys 18 &amp; Youth</b>	110m	91.4cm 3' 0"	10	13.72m	9.14m	14.02m
<b>Boys 18</b>	400m	84.0cm 2' 9"	10	45.00m	35.00m	40.00m
<b>Boys 19</b>	110m	99.0cm 3' 3"	10	13.72m	9.14m	14.02m
<b>Boys 19</b>	400m	91.4cm 3' 0"	10	45.00m	35.00m	40.00m

## HIGH JUMP

Girls 12	start at 1.05m	to 1.35m
Girls 13	start at 1.10m	to 1.40m
Girls 14	start at 1.15m up by 5cm to 1.45m after by 3cm	
Girls 15	start at 1.20m up by 5cm to 1.50m after by 3cm	
Girls 16	start at 1.25m up by 5cm to 1.55m after by 3cm	
Girls 17	start at 1.30m up by 5cm to 1.60m after by 3cm	
Girls 18	start at 1.35m up by 5cm to 1.60m after by 3cm	
Girls 19	start at 1.35m up by 5cm to 1.60m after by 3cm	

Boys 12	start at 1.05m	to 1.35m
Boys 13	start at 1.15m	to 1.45m
Boys 14	start at 1.30m up by 5cm to 1.55m after by 3cm	
Boys 15	start at 1.30m up by 5cm to 1.60m after by 3cm	
Boys 16	start at 1.40m up by 5cm to 1.65m after by 3cm	
Boys 17	start at 1.40m up by 5cm to 1.75m after by 3cm	
Boys 18	start at 1.50m up by 5cm to 1.80m after by 3cm	
Boys 19	start at 1.55m up by 5cm to 1.80m after by 3cm	

## Starting Heights High Jump Combined Events

Girls	14	1.15m	Girls	15	1.20m	Girls	16	1.25m
Boys	14	1.30m	Boys	15	1.30m	Boys	16	1.40m

*In Combined Events all U14-U16 athletes will be allowed to jump an opening height, thereafter it will go to the Championship Opening height for that age group. The first three heights will increase in 5cm increment and then in 3cm increments.*

## POLE VAULT

Girls 15	start at 1.50 cm up by 15cm
Girls 16	start at 1.50 cm up by 15cm
Girls 17	start at 1.50 cm up by 15cm
Girls 18	start at 1.50 cm up by 15cm
Girls 19	start at 1.50 cm up by 15cm

Boys 15	start at 2.15cm up by 15cm to 2.30m after by 10cm
Boys 16	start at 2.30cm up by 15cm to 2.45m after by 10cm
Boys 17	start at 2.30cm up by 15cm to 2.45m after by 10cm
Boys 18	start at 2.30cm up by 15cm to 2.45m after by 10cm
Boys 19	start at 2.30cm up by 15cm to 2.50m after by 10cm



## SECTION 1: JUVENILE INDOOR CHAMPIONSHIPS

Sat 22 <sup>nd</sup> January 2022	<b>Juvenile Indoor Combined Events Day 1</b>	TUS, Athlone
Sun 23 <sup>rd</sup> January 2022	<b>Juvenile Indoor Combined Events Day 2</b>	
<b>Start:</b>	10.00am	
<b>Check-in Opens:</b>	9.00am	
<b>Entry Fee:</b>	€10, Late Fee €15	
<b>Closing Date:</b>	12 <sup>th</sup> January 2022	
Sat 19 <sup>th</sup> March 2022	<b>Juvenile Indoor Championships Day 1</b>	TUS, Athlone
Sun 20 <sup>th</sup> March 2022	<b>Juvenile Indoor Championships Day 2</b>	
Sat 2 <sup>nd</sup> April 2022	<b>Juvenile Indoor Championships Day 3</b>	
<b>Start:</b>	10.00am	
<b>Check-in Opens:</b>	9.00am	
<b>Entry Fee:</b>	€5/event, €10/relay team	
<b>Closing Date:</b>	9 <sup>th</sup> March 2022	
<b>Late Entry Fee:</b>	€10/event, €15/relay team	
<b>Entries:</b>	Online through Regional Secretaries	

## List of Events

### GIRLS & BOYS INDOOR

<b>12</b> 60m Sprint  600m  Relay 4 x 200m High Jump Long Jump Shot Put	<b>13</b> 60m Sprint 60m Hurdles 600m  Relay 4 x 200m High Jump Long Jump Shot Put	<b>14</b> 60m Sprint 60m Hurdles 800m 1000m Walk Relay 4 x 200m High Jump Long Jump Shot Put	<b>15</b> 60m Sprint 60m Hurdles 800m 1000m Walk  Relay 4 x 200m High Jump Long Jump Shot Put Pole Vault
<b>16</b> 60m Sprint 60m Hurdles 200m  800m 1500m 1500m Walk  Relay 4 x 200m High Jump Long Jump Shot Put Pole Vault Triple Jump	<b>17</b> 60m Sprint 60m Hurdles 200m 400m 800m 1500m 1500m Walk Relay 4 x 200m High Jump Long Jump Shot Put Pole Vault Triple Jump	<b>18</b> 60m Sprint 60m Hurdles 200m 400m 800m 1500m 1500m Walk Relay 4 x 200m High Jump Long Jump Shot Put Pole Vault Triple Jump	<b>19</b> 60m Sprint 60m Hurdles 200m 400m 800m 1500m 1500m Walk  Relay 4 x 200m High Jump Long Jump Shot Put Pole Vault Triple Jump

### Indoor Pentathlon

<b>GIRLS &amp; BOYS 14</b>	<b>GIRLS &amp; BOYS 15</b>	<b>GIRLS &amp; BOYS 16</b>	<b>YOUTH GIRLS (17 &amp; 18)</b>	<b>JUNIOR GIRLS (19)</b>
Hurdles	Hurdles	Hurdles	Hurdles	Hurdles
High Jump	High Jump	High Jump	High Jump	High Jump
Long Jump	Long Jump	Long Jump	Long Jump	Long Jump
Shot Put	Shot Put	Shot Put	Shot Put	Shot Put
800m	800m	800m	800m	800m

### Indoor Heptathlon

#### YOUTH BOYS (17/18) & JUNIOR BOYS (19)

<b>DAY 1</b>	<b>DAY 2</b>
60m	60m Hurdles
Long Jump	Pole Vault
Shot Put	1000m
High Jump	

## Regulations

**NO ENTRY OR CHANGE OF ENTRY ON THE DAY OF CHAMPIONSHIP.**

**1. WA Rules Apply**

Individual Track & Field Championships for Boys and Girls ages 12-19.

**2. Club Singlets and shorts must be worn. (See Attire Page 5)**

**3. The first THREE (3) from each region qualify for the National Championships.**

**4. There is no direct entry for athletes U17, U18 or U19.**

**5. An athlete may compete in three individual events plus the relay**

**6. Athletes are confined to their own age group (except for relays, see Relay Rules)**

**7. All entries must come through the Regional Secretary**

**8. Check in rules:**

- All athletes must collect a competition number and check in for each event on that day
- All athletes must check in a minimum of one (1) hour prior to their track event
- Call room will be in operation for track events
- Field event athletes will be called at least 15 minutes prior to event start time.

**9. Warm Up Area rules:**

- Area is restricted for athletes only, cordoned off area for coaches.
- No spectators, no bags or gear to be left in the area.
- Please respect other athletes especially when using equipment ie Hurdles.

**10. Call Room Rules:**

- **Track athletes report to call room immediately their event is called. Field athletes to report directly to their event when called.**
- Athletes are not permitted to carry or use electronic recording or transmission equipment (e.g.: earphones, notebooks, tablets, iPods, smart phones etc.) in the competition area. NOTE: The competition area starts at the assembly/call room.
- No spectators, no bags or gear to be left in the area

**11. ONLY 5mm SPIKES MAY BE USED – this includes the HIGH JUMP. WA rules apply for footwear.**

**12. Athletes U14 upwards must use starting blocks. Only starting blocks provided by the organising committee may be used. Starting blocks are optional for U12 and U13, but a crouch start must be used instead. The commands for all sprints are "on your marks" and "set"**

**13. WA False Start Rules apply.**

- U16 upwards - first false start leads to disqualification.
- U12, 13, 14, 15. One false start and all are on warning of next false start leading to disqualification.
- Combined Events all age categories, one false start and all are on warning of next false start leading to disqualification.

**14. An athlete shall be excluded from participation in all further events in the competition, including relays, in cases where;**

- A final confirmation was given that the athlete would start in an event but then failed to participate.
- An athlete qualified in preliminaries or heats for further participation in an event but then failed to participate further (Rule 142.4).
- An athlete fails to provide a bona fide effort to compete in an event
- **The duration of the competition that this rule pertains to is defined as being consecutive days ie. Friday, Saturday and Sunday of a single weekend.**

**15. ALL FIELD EVENT ATHLETES MUST BE TECHNICALLY PROFICIENT AND COMPETENT IN THE EVENT IN THE INTEREST OF SAFETY.**

**16. Warm up marks for field events should be completed where possible before the time schedule.**

**17. Individual Championships: all athletes will be allowed 3 trials at field events, the top 8 athletes will be allowed a further 3 trials, except for high jump and pole vault.**

**18. Where a heat is listed and if insufficient competitors check in a FINAL will be held at heat time.**

**19. 600, 800m and 1500m:**

- *If 15 or less* check in, at the discretion of the track referee, a FINAL will be held at heat time

**20. *1500m heats and finals can be scheduled for the same day of competition***

**21.** An athlete must inform the Chief Judge when leaving the competition area.

**22.** Athletes must leave the arena when their event is complete.

**23.** Winning athletes must report for medal presentation 20 minutes after their event where possible **or when called from the Public Address System**

**24.** Coaches and parents are ***not allowed*** on the track at any time

**25.** Any parent or club official found on the track risk the possibility of their athlete and club being disqualified

**26. Regional Competition Secretaries must be available for queries on days of competition.**

Please have respect for the stadium and its environs and adhere to all rules of the arena.

Please do not leave your personal belongings unattended.

• **RELAYS**

- ☐ The first THREE (3) Teams from each region must compete and qualify for the National Championships.
- ☐ An athlete may move up one age group.
- ☐ Athletes may compete in TWO (2) relays on the day.
- ☐ At least 2 members of a competing relay team, participating in that event on that day must be of the correct age
- ☐ 17, 18, 19 age groups for relays, all athletes may move up one age group.
- ☐ If a sub is present on the day and declared, medal will be presented
  - ☐ Relay teams qualify from region, 3 teams per region per age category
- ☐ If 6 teams or less check in, a Final will be held at Heat time
- ☐ Team names, DOB, registration numbers must be submitted with entry
  - ☐ **DECLARATION SHEETS MUST BE FILLED IN FOR EACH INDIVIDUAL TEAM**
  - ☐ Spot checks will be carried out on team declarations

• **COMBINED EVENTS**

- ☐ In the long jump and each of the throwing events, each athlete shall be allowed three trials only.
- ☐ An athlete shall be disqualified in any event, in which he has made two false starts.
- ☐ An athlete failing to attempt to start or make a trial in one of the events shall not be allowed to take part in the subsequent events but shall be considered to have abandoned the competition. They shall not, therefore, figure in the final classification.
- ☐ The winner shall be the athlete who has obtained the highest number of points. Medals will be presented to the top three.

## **Indoor Combined Events 2022**

**Day 1 Saturday 22nd January 2022**

**Order of Events may change throughout the day**

**Check in commences at 9.00 am closes at 9.45 am**

**TIMETABLE** Timetable subject to change during the day, please be alert.

**Youth Boys Heptathlon**

**Junior (19) Boys compete with Seniors in Heptathlon**

**Junior (19) Girls compete with Seniors in Pentathlon**

### **TRACK EVENTS**

<b>10.00am</b>	Girls 14	60m H 2'3"
	Boys 14	60m H 2'6"
	Girls 15	60m H 2'6"
	Girls 16	60m H 2'6"
	Youth Girls	60m H 2'6"
	Boys 16	60m H 2'9"
	Boys 15	60m H 2'9"
	Youth Boys	60m

### **FIELD EVENTS**

<b>10.00am</b>	Girls 16	Long Jump Pit 1
<b>10.00am</b>	Boys 16	Long Jump Pit 2
	Girls 15	Long Jump Pit 1
	Boys 15	Long Jump Pit 2
	Girls 14	Long Jump Pit 1
	Boys 14	Long Jump Pit 2
	Youth Girls	Long Jump Pit 1
	Youth Boys	Long Jump Pit 2

<b>10.00am</b>	Girls 15	High Jump
	Boys 15	High Jump
	Girls 14	High Jump
	Boys 16	High Jump
	Girls 16	High Jump
	Boys 14	High Jump
	Youth Girls	High Jump
	Youth Boys	High Jump

<b>10.15am</b>	Girls 14	Shot Put 2k
	Boys 14	Shot Put 2.72k
	Girls 15	Shot Put 2.72k
	Boys 15	Shot Put 3k
	Girls 16	Shot Put 3k
	Boys 16	Shot Put 4k
	Youth Girls	Shot Put 3k
	Youth Boys	Shot Put 5k

**800m will take place 20 minutes after the last event**

## Day 2 Sunday 23rd January 2022

**Order of Events may change throughout the day**  
**Check in commences at 9.00 am closes at 9.45 am**

**TIMETABLE**                      **Timetable subject to change during the day, please be alert.**

Youth & Junior Boys	60mH
Youth & Junior Boys	Pole Vault
Youth & Junior Boys	1000m

## Indoor Championships

### Day 1 19th March 2022

The committee reserve the right to alter timetable, the starting time of events may be brought forward up to 45 minutes from the proposed Timetable.

#### Check in closes 9.30 a.m. (1500m/400m)

##### **10.00 a.m.**

Girls & Boys	16	1500m Heats
Girls & Boys	17	1500m Heats
Girls & Boys	18	1500m Heats
Girls & Boys	19	1500m Heats

##### **10.55 a.m.**

Girls & Boys	17	400m Heats
Girls & Boys	18	400m Heats
Girls & Boys	19	400m Heats

**400m/1500m FINALS WILL BE HELD AT  
HEAT TIME IF HEATS ARE NOT REQUIRED**

#### Check in closes 10.30 p.m. (Walks)

##### **11.45 a.m.**

Boys	16	1500m Walk
Boys	17	1500m Walk
Boys	18	1500m Walk
Boys	19	1500m Walk
Boys	14	1000m Walk
Boys	15	1000m Walk

**NOTE: THERE WILL BE A 20 MINUTE  
BREAK ON THE TRACK AFTER THE BOYS WALK**

Girls	14	1000m Walk
Girls	15	1000m Walk
Girls	16	1500m Walk
Girls	17	1500m Walk
Girls	18	1500m Walk
Girls	19	1500m Walk

#### **2.00 p.m. Finals 400m**

#### Check in closes 1.30 p.m. (60m)

##### **2.30 p.m.**

Girls & Boys	12	60m	Heats
Girls & Boys	13	60m	Heats
Girls & Boys	14	60m	Heats
Girls & Boys	15	60m	Heats
Girls & Boys	16	60m	Heats
Girls & Boys	17	60m	Heats
Girls & Boys	18	60m	Heats
Girls & Boys	19	60m	Heats

**FINALS 1500m, 60M SPRINTS**

#### Check in Closes 9.30 a.m. first field events

##### **Long Jump**

10.00 a.m.	Girls	(Pit 1)	12
11.30 a.m.	Boys	(Pit 1)	13
1.00 p.m.	Girls	(Pit 1)	14
2.15 p.m.	Girls	(Pit 1)	19
3:00 p.m.	Girls	(Pit 1)	18
4:00 p.m.	Girls	(Pit 1)	17

#### **Pole Vault (warm up at 10:00/12:30)**

11.00 a.m.	Boys 15-19
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##### **Shot Putt**

10.00 a.m.	Boys	13 (2k)
11.00 a.m.	Girls	15 (3k)
12.00 p.m.	Girls	13 (2k)
1.00 p.m.	Girls	16 (3k)
2.00 p.m.	Boys	15 (3k)

##### **High Jump**

10.00 a.m.	Girls	13	(Mat 1)
	Girls	18+19	(Mat 2)
11.30 a.m.	Girls	14	(Mat 1)
	Girls	16	(Mat 2)
1.00 p.m.	Girls	17	(Mat 1)
	Boys	14	(Mat 2)
3.00 p.m.	Girls	12	(Mat 1)
4.30 p.m.	Girls	15	(Mat 1)

##### **Triple Jump**

2:00pm	Girls 16	Pit 2
3:00pm	Boys 16	Pit 2

## Day 2 20th March 2022

The committee reserve the right to alter timetable, the starting time of events may be brought forward up to 45 minutes from the proposed Timetable.

### Check in closes 9.15 a.m (200m)

#### 10.00 a.m

Girls & Boys	16	200m heats
Girls & Boys	17	200m heats
Girls & Boys	18	200m heats
Girls & Boys	19	200m heats

### Check in closes 10.00 a.m (600m/800m)

#### 11.15 p.m.

Girls & Boys	12	600m
Girls & Boys	13	600m
Girls & Boys	14	800m
Girls & Boys	15	800m
Girls & Boys	16	800m
Girls & Boys	17	800m
Girls & Boys	18	800m
Girls & Boys	19	800m

**200m/600m/800m FINALS WILL BE HELD AT HEAT TIME IF HEATS ARE NOT REQUIRED**

**NOTE: THERE WILL BE A 20 MINUTE BREAK ON THE TRACK AFTER THE 800m HEATS**

#### 1.45 p.m.

200m Finals

### Check in closes 1.15 (Hurdles)

#### 2.15 p.m.

Girls	13	60m Hur	2'3"	Heats
Boys	13	60m Hur	2'3"	Heats
Girls	14	60m Hur	2'3"	Heats
Boys	14	60m Hur	2'6"	Heats
Girls	15	60m Hur	2'6"	Heats
Girls	16	60m Hur	2'6"	Heats
Boys	15	60m Hur	2'9"	Heats
Boys	16	60m Hur	2'9"	Heats
Girls	17	60m Hur	2'6"	Heats
Girls	18	60m Hur	2'6"	Heats
Girls	19	60m Hur	2'9"	Heats
Boys	17	60m Hur	3'0"	Heats
Boys	18	60m Hur	3'0"	Heats
Boys	19	60m Hur	3'3"	Heats

**FINALS 600m, 800m, HURDLES**

### Check in Closes 9.30 a.m. first field event

#### **Long Jump**

10.00 a.m.	Boys	(Pit 1)	12
11.30 p.m.	Girls	(Pit 1)	13
1.00 p.m.	Boys	(Pit 1)	14
3.00 p.m.	Boys	(Pit 1)	18
4:00 p.m.	Boys	(Pit 1)	19

#### **Pole Vault (warm up at 10:00/12:30)**

11.00 a.m.	Girls 15-19
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#### **Shot Putt**

10.00	Girls	12	(2k)
11.00	Boys	14	(2.72k)
12.00	Boys	16	(4k)
1.00	Girls	14	(2k)
2.00	Boys	12	(2k)

#### **High Jump**

10.00 a.m.	Boys	16	(Mat 1)
	Boys	15	(Mat 2)
11.30 a.m.	Boys	12	(Mat 1)
	Boys	13	(Mat 2)
1.00 p.m.	Boys	17	(Mat 1)
	Boys 18 + 19		(Mat 2)

#### **Triple Jump**

2.00pm	Girls	17	(Pit 2)
3.00pm	Boys	17	(Pit 2)



**Day 3 2nd April 2022**

The committee reserve the right to alter timetable, the starting time of events may be brought forward up to 45 minutes from the proposed Timetable

**Check in opens 9.00 a.m.****Inter-Club Relays****10.30 a.m.**

Girls	13	4 x 200m	FINALS (Heat Declared Winners)
Boys	13	4 x 200m	FINALS (Heat Declared Winners)
Girls	15	4 x 200m	Heats
Boys	15	4 x 200m	Heats
Girls	17	4 x 200m	Heats
Boys	17	4 x 200m	Heats
Girls	19	4 x 200m	Heats
Boys	19	4 x 200m	Heats

**FINALS OF ABOVE****Check in closes 12.30 p.m.**

<b>1.30 p.m.</b>	Girls	12	4 x 200m	FINALS (Heat Declared Winners)
	Boys	12	4 x 200m	FINALS (Heat Declared Winners)
	Girls	14	4 x 200m	Heats
	Boys	14	4 x 200m	Heats
	Girls	16	4 x 200m	Heats
	Boys	16	4 x 200m	Heats
	Girls	18	4 x 200m	Heats
	Boys	18	4 x 200m	Heats

**FINALS OF ABOVE****Field Events**

<b>10:00 am</b>	Shot Putt	U17 Boys (5k)
<b>10:45 am</b>	Shot Putt	U19 Girls (4k)
<b>11:30 am</b>	Shot Putt	U18 Boys (5k)
<b>12:45 pm</b>	Shot Putt	U18 Girls (3k)
<b>1:30 pm</b>	Shot Putt	U19 Boys (6k)
<b>2:15 pm</b>	Shot Putt	U17 Girls (3k)

<b>10:00 am</b>	Triple Jump	U18 Girls
<b>10:45 am</b>	Triple Jump	U18 Boys
<b>11:30 am</b>	Triple Jump	U19 Girls
<b>12:15 pm</b>	Triple Jump	U19 Boys
<b>1:30 pm</b>	Triple Jump	U17 Girls
<b>2:15 pm</b>	Triple Jump	U17 Boys
<b>3:00 pm</b>	Triple Jump	U16 Girls
<b>3:45 pm</b>	Triple Jump	U16 Boys

<b>10:00 am</b>	Long Jump	U17 Boys (Pit 1)
<b>11:00 am</b>	Long Jump	U16 Girls (Pit 1)
<b>12:00 pm</b>	Long Jump	U16 Boys (Pit 1)
<b>12:30 pm</b>	Long Jump	U15 Girls (Pit 1)
<b>1:30 pm</b>	Long Jump	U15 Boys (Pit 1)

## SECTION 2: JUVENILE TRACK & FIELD CHAMPIONSHIPS

Sun 3rd April 2022	<b>Spring Throws (non-Championship)</b>	Templemore, Tipperary
<b>Start:</b>	10.00am	
<b>Check-in Opens:</b>	9.00am	
<b>Entry Fee:</b>	€5/event	
<b>Closing Date:</b>	24th April 2022	
<b>Entries:</b>	Online through Club Secretaries	
Sat 2nd July 2022	<b>Children's Team Games &amp; 9-11 and 12 Relays</b>	Tullamore
<b>Start:</b>	10.00am	
<b>Check-in Opens:</b>	8.30am	
<b>Entry Fee:</b>	€10/Team, Late Fee €15/Team	
<b>Closing Date:</b>	22nd June 2022	
<b>Entries:</b>	Online through Regional Secretaries	
Sat 2nd July 2022	<b>Juvenile Championships 12, inc 13 High Jump</b>	Tullamore
<b>Start:</b>	10.00am	
<b>Check-in Opens:</b>	8.30am	
<b>Entry Fee:</b>	€5/event, Late Fee €10/event	
<b>Closing Date:</b>	22nd June 2022	
<b>Entries:</b>	Online through Regional Secretaries	
Sun 3rd July 2022	<b>Juvenile Championships Day 1</b>	Tullamore
<b>Start:</b>	10.00am	
<b>Check-in Opens:</b>	8.30am	
<b>Entry Fee:</b>	€5/event, Late Fee €10/event	
<b>Closing Date:</b>	22nd June 2022	
<b>Entries:</b>	Online through Regional Secretaries	
Sat 9th July 2022	<b>Juvenile Championships Day 2</b>	Tullamore
Sun 10th July 2022	<b>Juvenile Championships Day 3</b>	Tullamore
<b>Start:</b>	10.00am	
<b>Check-in Opens:</b>	8.30am	
<b>Entry Fee:</b>	€5/event, Late Fee €10/event	
<b>Closing Date:</b>	29th June 2022	
<b>Entries:</b>	Online through Regional Secretaries	
Sat 16th July 2022	<b>Juvenile Inter-Club Relays 13-19</b>	Tullamore
<b>Start:</b>	12 noon	
<b>Check-in Opens:</b>	8.30am	
<b>Entry Fee:</b>	€10/Team, Late Fee €15/Team	
<b>Closing Date:</b>	6th July 2022	
<b>Entries:</b>	Online through County Secretaries	
Sat 16th July 2022	<b>Juvenile 'B' Championships</b>	Tullamore
<b>Start:</b>	10.00am	
<b>Check-in Opens:</b>	8.30am	
<b>Entry Fee:</b>	€5/event, Late Fee €10/event	
<b>Closing Date:</b>	6th July 2022	
<b>Entries:</b>	Online through Club Secretaries	
Sat 23rd July 2022	<b>Juvenile Combined Events, Youth &amp; Junior Day 1</b>	Venue TBC
Sun 24th July 2022	<b>Combined Events, Youth &amp; Junior Day 2</b>	
<b>Start:</b>	10.00am	
<b>Check-in Opens:</b>	8.30am	
<b>Entry Fee:</b>	€10, Late Fee €15	
<b>Closing Date:</b>	13th July 2022	
<b>Entries:</b>	Online through Club Secretaries	

## List of Events for 'A' Championships

### **GIRLS 12**

60m Sprint

600m

Relay 4 x 100m

High Jump

Long Jump

Shot Put

Turbo Javelin

### **GIRLS 13**

80m Sprint

60m Hurdles

600m

Relay 4 x 100m

High Jump

Long Jump

Shot Put

Javelin

### **GIRLS 14**

80m Sprint

75m Hurdles

200m

800m

1500m

2000m Walk

Relay 4 x 100m

High Jump

Long Jump

Shot Put

Javelin

Discus

Hammer

### **GIRLS 15**

100m Sprint

80m Hurdles

250m Hurdles

200m

800m

1500m

2000m Walk

Relay 4 x 100m

High Jump

Long Jump

Shot Put

Pole Vault

Javelin

Discus

Hammer

### **GIRLS 16**

100m Sprint

80m Hurdles

250m Hurdles

200m

800m

1500m

3000m

2000m Walk

Relay 4 x 100m

High Jump

Long Jump

Shot Put

Pole Vault

Triple Jump

Javelin

Discus

Hammer

### **GIRLS 17**

100m Sprint

100m Hurdles

300m Hurdles

200m

400m

800m

1500m

3000m

2000m S/Chase

3000m Walk

Relay 4 x 100m

Relay 4 x 400m

High Jump

Long Jump

Shot Put

Pole Vault

Triple Jump

Javelin

Discus

Hammer

### **GIRLS 18**

100m Sprint

100m Hurdles

400m Hurdles

200m

400m

800m

1500m

3000m

2000m S/Chase

3000m Walk

Relay 4 x 100m

Relay 4 x 400m

High Jump

Long Jump

Shot Put

Pole Vault

Triple Jump

Javelin

Discus

Hammer

### **GIRLS 19**

100m Sprint

100m Hurdles

400m Hurdles

200m

400m

800m

1500m

3000m

3000m S/Chase

3000m Walk

Relay 4 x 100m

Relay 4 x 400m

High Jump

Long Jump

Shot Put

Pole Vault

Triple Jump

Javelin

Discus

Hammer

### BOYS 12

60m Sprint  
  
600m  
  
Relay 4 x 100m  
High Jump  
Long Jump  
Shot Put  
Turbo Javelin

### BOYS 13

80m Sprint  
60m Hurdles  
600m  
  
Relay 4 x 100m  
High Jump  
Long Jump  
Shot Put  
Javelin

### BOYS 14

80m Sprint  
75m Hurdles  
200m  
800m  
1500m  
2000m Walk  
Relay 4 x 100m  
High Jump  
Long Jump  
Shot Put  
Javelin  
Discus  
Hammer

### BOYS 15

100m Sprint  
80m Hurdles  
250m Hurdles  
200m  
800m  
1500m  
2000m Walk  
Relay 4 x 100m  
High Jump  
Long Jump  
Shot Put  
Pole Vault  
Javelin  
Discus  
Hammer  
Triple Jump

### BOYS 16

100m Sprint  
100m Hurdles  
250m Hurdles  
200m  
800m  
1500m  
3000m  
3000m Walk  
Relay 4 x 100m  
High Jump  
Long Jump  
  
Shot Put  
Pole Vault  
Triple Jump  
Javelin  
Discus  
Hammer

### BOYS 17

100m Sprint  
100m Hurdles  
300m Hurdles  
200m  
400m  
800m  
1500m  
3000m  
2000m S/Chase  
3000m Walk  
Relay 4 x 100m  
Relay 4 x 400m  
High Jump  
Long Jump  
Shot Put  
Pole Vault  
Triple Jump  
Javelin  
Discus  
Hammer

### BOYS 18

100m Sprint  
110m Hurdles  
400m Hurdles  
200m  
400m  
800m  
1500m  
3000m  
3000m S/Chase  
5000m Walk  
Relay 4 x 100m  
Relay 4 x 400m  
High Jump  
Long Jump  
Shot Put  
Pole Vault  
Triple Jump  
Javelin  
Discus  
Hammer

### BOYS 19

100m Sprint  
110m Hurdles  
400m Hurdles  
200m  
400m  
800m  
1500m  
3000m  
3000m S/Chase  
5000m Walk  
Relay 4 x 100m  
Relay 4 x 400m  
High Jump  
Long Jump  
Shot Put  
Pole Vault  
Triple Jump  
Javelin  
Discus  
Hammer

## List of Events for 'B' Championships

<b>Girls &amp; Boys 12</b>	<b>Girls &amp; Boys 13</b>	<b>Girls &amp; Boys 14</b>	<b>Girls &amp; Boys 15</b>	<b>Girls &amp; Boys 16</b>
60m	80m	80m	100m	100m
600m	600m	800m	800m	800m
Long Jump	Long Jump	Long Jump	Long Jump	Long Jump
High Jump	High Jump	High Jump	High Jump	High Jump
Shot Put	Shot Put	Shot Put	Shot Put	Shot Put

## Pentathlon

<b>GIRLS &amp; BOYS 14</b>	<b>GIRLS &amp; BOYS 15</b>	<b>GIRLS 16</b>	<b>BOYS 16</b>
75m Hurdles	80m Hurdles	80m Hurdles	100m Hurdles
High Jump	High Jump	High Jump	High Jump
Long Jump	Long Jump	Long Jump	Long Jump
Shot Put	Shot Put	Shot Put	Shot Put
800m	800m	800m	800m

## Heptathlon/Decathlon

<b>YOUTH GIRLS (17 &amp; 18) DAY 1</b>	<b>YOUTH BOYS (17 &amp; 18) DAY 1</b>	<b>U19 GIRLS DAY 1</b>	<b>U19 BOYS DAY 1</b>
100mHurdles	100m	100mHurdles	100m
High Jump	Long Jump	High Jump	Long Jump
Shot Put	Shot Put	Shot Put	Shot Put
200m	High Jump	200m	High Jump
<b>DAY 2</b>	<b>DAY 2</b>	<b>DAY 2</b>	<b>DAY 2</b>
Long Jump	400m	Long Jump	400m
Javelin	110m Hurdles	Javelin	110m Hurdles
800m	Discus	800m	Discus
	Pole Vault		Pole Vault
	Javelin		Javelin
	1500m		1500m

## Children's Team Games

<b>Girls &amp; Boys 9</b>	<b>Girls &amp; Boys 10</b>	<b>Girls &amp; Boys 11</b>
Born 2014	Born 2013	Born 2012
60m	60m	60m
300m	500m	600m
Long Jump	Long Jump	Long Jump
Turbo Javelin (300g)	Turbo Javelin (300g)	Turbo Javelin (300g)

## Regulations

### ***NO ENTRY OR CHANGE OF ENTRY ON THE DAY OF CHAMPIONSHIP.***

#### **27. WA Rules apply**

Individual Track & Field Championships for Boys and Girls ages 12-19.

Children's Team Events for Boys and Girls ages 9-11

#### **28. Club Singlets and shorts must be worn. (See Attire Page 5)**

#### **29. The first four (4) from each region qualify for the National Championships except in the 600m where 3 qualify.**

#### **30. Ages 12, 13, 14, 15 and 16 are limited to 3 events plus relay**

#### **31. Ages 17, 18 and 19 are limited to 4 events plus relay**

#### **32. All entries must come through the Regional Secretary**

#### **33. Check in rules:**

- All athletes must collect a competition number and check in for each event on that day
- All athletes must check in a minimum of one (1) hour prior to their track event
- Call room will be in operation for track events
- Field event athletes will be called at least 15 minutes prior to event start time.

#### **34. Warm Up Area rules (if allocated):**

- Area is restricted for athletes only.
- No spectators, no bags or gear to be left in the area.
- Please respect other athletes especially when using equipment ie Hurdles.

#### **35. Call Room Rules:**

- **Report to call room immediately your Track event is called. Field athletes to report directly to their event when called.**
- Athletes are not permitted to carry or use electronic recording or transmission equipment (e.g.: earphones, notebooks, tablets, iPods, smart phones etc.) in the competition area. NOTE: The competition area starts at the assembly/call room.
- No spectators, no bags or gear to be left in the area

#### **36. ONLY 5mm SPIKES MAY BE USED – this includes the HIGH JUMP. WA rules apply for footwear.**

#### **37. Athletes U14 upwards must use starting blocks. Only starting blocks provided by the organising committee may be used. Starting blocks are optional for U13, but all U12 must do a crouch start must be used. Below U12 age standing or crouch start is optional. The commands for all sprints are "on your marks" and "set"**

#### **38. WA False Start Rules apply.**

- U16 upwards - first false start leads to disqualification.
- U12, 13, 14, 15, One false start and all are on warning of next false start leading to disqualification.
- Combined Events all age categories, one false start and all are on warning of next false start leading to disqualification.

#### **39. An athlete shall be excluded from participation in all further events in the competition, including relays, in cases where;**

- A final confirmation was given that the athlete would start in an event but then failed to participate.
- An athlete qualified in preliminaries or heats for further participation in an event but then failed to participate further (Rule 142.4).
- An athlete fails to provide a bona fide effort to compete in an event
- **The duration of the competition that this rule pertains to is defined as being consecutive days ie. Friday, Saturday and Sunday of a single weekend.**

#### **40. ALL FIELD EVENT ATHLETES MUST BE TECHNICALLY PROFICIENT AND COMPETENT IN THE EVENT IN THE INTEREST OF SAFETY.**

#### **41. Warm up marks for field events should be completed where possible before the time schedule.**

#### **42. Individual Championships; all athletes will be allowed 3 trials at field events, the top 8 athletes will be allowed a further 3 trials, except for high jump and pole vault.**

#### **43. Turbo Javelin rules and format are as javelin competition. 3 individual throws per athlete. Top 8 to final.**

#### **44. Where a heat is listed and if insufficient competitors check in a FINAL will be held at heat time.**

#### **45. 600, 800m and 1500m:**

- **If 15 or less check in, at the discretion of the track referee, a FINAL will be held at heat time**

#### **46. 1500m heats and finals can be scheduled for the same day of competition**

#### **47. Athletes aged 17, 18 and 19 may compete in the National Championships provided they have entered those events in the Provincial/Regional Championships, *entries through the Regional Secretaries by closing date***

48. An athlete must inform the Chief Judge when leaving the competition area.
49. Athletes must leave the arena when their event is complete.
50. Winning athletes must report for medal presentation 20 minutes after their event where possible **or when called from the Public Address System**
51. Coaches and parents are **not allowed** on the track at any time
52. Any parent or club official found on the track risk the possibility of their athlete and club being disqualified
53. **Regional Competition Secretaries must be available for queries on days of competition.**

Please have respect for the stadium and its environs and adhere to all rules of the arena.

Please do not leave your personal belongings unattended.

- **RELAYS, excluding U9-U11**

- ☐ An athlete may move up one age group
- ☐ U16 may NOT compete in 4 x 400m Relays.
- ☐ At least 2 members of a competing relay team, participating in that event on that day must be of the correct age, except for 17, 18, 19 age groups where all athletes may move up one age group.
- ☐ Minimum break of 45 minutes for 4 x 100m and 90 minutes for 4 x 400m relays.
- ☐ Athletes may compete in a **maximum of 3 relays teams** on the day.

- ☐ Subs must be present for medal presentation.

- ☐ Three (3) teams per county per age group, Teams qualify from the County.
- ☐ Entries must be made online via the County Secretary
- ☐ All team names, registration numbers and DOB must be on entry sheets at closing date.
- ☐ Declaration sheets must be filled in on day of competition.
- ☐ Spot checks may take place.
- ☐ NOTE: Teams should be checked in 60 minutes prior to the start of each session as the competition
- ☐ Session start times can be moved forward by up to 45 minutes.

- **U9-U11 Inter-Club Relays, run on the same day as the Children's Team Games**

- Three (3) teams per region per age group, teams qualify through the Region.
- Athletes may step up ONE (1) age group only and may compete in TWO (2) relays on the day **except U9 athletes must be born in year 2014**
- At least 2 members of a competing relay team, participating in that event on that day must be of the correct age
- Team names, DOB, registration numbers must be submitted with entry
- **DECLARATION SHEETS MUST BE FILLED IN FOR EACH INDIVIDUAL TEAM**
- Spot checks may take place.
- **1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place will be determined as HEAT DECLARED WINNERS (i.e.: no finals for U9, U10, U11 age groups)**

- **COMBINED EVENTS**

- ☐ In the long jump and each of the throwing events, each athlete shall be allowed three trials only.
- ☐ An athlete shall be disqualified in any event, in which he has made two false starts.
- ☐ An athlete failing to attempt to start or make a trial in one of the events shall not be allowed to take part in the subsequent events but shall be considered to have abandoned the competition. They shall not, therefore, figure in the final classification.
- ☐ The winner shall be the athlete who has obtained the highest number of points. Medals will be presented to the top three.

- **CHILDREN'S TEAM GAMES**

- ☐ Two (2) athletes per team.
- ☐ Each athlete may compete in two events only, *with the same or two different partners.*
- ☐ Athletes compete in their own age group (**U9 must be born 2014**)
- ☐ Each teams combined distances or combined times are added for team scoring.
- ☐ Medals for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> team members in each event.
- ☐ Three (3) teams per event per region, qualifying through Regional/Provincial Secretary.
- ☐ U9, 10 Long Jump competition, athletes may jump anywhere from the sand. U11 Long Jump competition is from the board. 3 Jumps only per athlete.
- ☐ Turbo Javelin throw as per javelin throw (tip must hit ground), one throw per athlete per round with the throw measured to where tip first touches ground.
- ☐ 60m, 300m, 500m, 600m are on times - no finals.
- ☐ Standing or crouch start is optional. The standing start command for all sprints are "on your marks" and "set"
- ☐ Persistent false starts may lead to disqualification.
- ☐ No entry or change of entry on the day of competition (**In the event of one team member being unable to attend they may be replaced by a reserve member**)
- ☐ Club singlets must be worn – no tracksuits.
- ☐ The Committee reserve the right to alter the timetable.
- ☐ Relays are not part of the scoring for team competition.
- ☐ **Clubs with more than one team per age group MUST declare the members of each team at check-in. Failure to do this will mean the teams will be scored as entered.**

- **'B' CHAMPIONSHIPS**

- Any athlete who competed in the Regional Championships but DID NOT qualify for the National 'A' Championships in ANY event is eligible to compete in this event.
- All entries online through club secretaries.
- Athletes may compete in **2 events only.**
- Athletes must compete in their own age group.
- **ALL FIELD EVENT ATHLETES MUST BE TECHNICALLY PROFICIENT AND COMPETENT IN THE EVENT IN THE INTEREST OF SAFETY.**



## Spring Throws Sunday 3<sup>rd</sup> April 2022

### TIMETABLE

<b>Javelin</b>	U16 Boys (600g)	U16 Girls (500g)
	U17 Boys (700g)	U17 Girls (500g)
	U18 Boys (700g)	U18 Girls (500g)
	U19 Boys (800g)	U19 Girls (600g)
<b>Hammer</b>	U16 Boys (4k)	U16 Girls (3k)
	U17 Boys (5k)	U17 Girls (3k)
	U18 Boys (5k)	U18 Girls (3k)
	U19 Boys (6k)	U19 Girls (4k)
<b>Discus</b>	U16 Boys (1k)	U16 Girls (1k)
	U17 Boys (1.5k)	U17 Girls (1k)
	U18 Boys (1.5k)	U18 Girls (1k)
	U19 Boys (1.75k)	U19 Girls (1k)

**NOTE: THIS IS NOT A CHAMPIONSHIP EVENT AND DOES NOT COUNT FOR STAR AWARDS**

## Children's Games & U12 Saturday 2<sup>nd</sup> July 2022

### TRACK

10:00 U12 Girls 60m  
U12 Boys 60m  
U9 Girls 60m  
U9 Boys 60m  
U10 Girls 60m  
U10 Boys 60m  
U11 Girls 60m  
U11 Girls 60m

FINALS U12 60m

13:00 U9 Girls 300m  
U9 Boys 300m  
U10 Girls 500m  
U10 Boys 500m  
U11 Girls 600m  
U11 Boys 600m  
U12 Girls 600m  
U12 Boys 600m

14:30 U12 Girls 4x100m  
U12 Boys 4x100m  
U11 Girls 4x100m  
U11 Boys 4x100m  
U9 Girls 4x100m  
U9 Boys 4x100m  
U10 Girls 4x100m  
U10 Boys 4x100m

RELAY FINALS U12

### FIELD

10:00 U9 Girls Long Jump 1  
U9 Boys Long Jump 2

11:15 U12 Girls Long Jump 1  
U12 Boys Long Jump 2

12:30 U10 Girls Long Jump 1  
U10 Boys Long Jump 2

14:00 U11 Girls Long Jump 1  
U11 Boys Long Jump 2

10:00 U10 Girls Turbo Javelin 1  
U10 Boys Turbo Javelin 2

11:00 U11 Girls Turbo Javelin 1  
U11 Boys Turbo Javelin 2

12:00 U9 Girls Turbo Javelin 1  
U9 Boys Turbo Javelin 2

13:00 U12 Girls Turbo Javelin 1  
U12 Boys Turbo Javelin 2

10:00 U12 Girls High Jump

11:30 U12 Boys High Jump

13:00 U13 Girls High Jump

14:30 U13 Boys High Jump

10:00 U13 Girls Shot Putt

11:00 U13 Boys Shot Putt

## Juvenile Track & Field Championships

### Day 1 Sunday 3rd July 2022

**Check in Opens 8.30am**

**The Committee reserve the right to alter the timetable.**

#### Check in closes 9.15 a.m. Hurdles

##### **10.00 a.m.**

Girls	13	60m Hurdles	2'3" 68.6cm
Boys	13	60m Hurdles	2'3" 68.6cm
Girls	14	75m Hurdles	2'3" 68.6cm
Boys	14	75m Hurdles	2'6" 76.2cm
Girls	15	80m Hurdles	2'6" 76.2cm
Girls	16	80m Hurdles	2'6" 76.2cm
Boys	15	80m Hurdles	2'9" 84.0cm
Girls	17	100m Hurdles	2'6" 76.2cm
Girls	18	100m Hurdles	2'6" 76.2cm
Boys	16	100m Hurdles	2'9" 84.0cm
Girls	19	100m Hurdles	2'9" 84.0cm
Boys	17	100m Hurdles	3'0" 91.4cm
Boys	18	110m Hurdles	3'0" 91.4cm
Boys	19	110m Hurdles	3'3" 99.0cm

#### **HURDLE FINALS**

#### Check in closes 12.00 p.m. 800m

##### **1.00 p.m.**

Girls & Boys	13	600m	Heats
Girls & Boys	14	800m	Heats
Girls & Boys	15	800m	Heats
Girls & Boys	16	800m	Heats
Girls & Boys	17	800m	Heats
Girls & Boys	18	800m	Heats
Girls & Boys	19	800m	Heats

#### Check in closes 1.30 p.m. Steeplechase

##### **3.00 p.m.**

Girls	17	2000 S/C (2'6")	Final
Girls	18	2000 S/C	Final
Girls	19	3000 S/C	Final
Boys	17	2000 S/C (2'9")	Final
Boys	18/19	3000 S/C	Final

##### **4.30 p.m.**

#### **600m/800m FINALS**

##### **10.00 a.m.**

Girls	14	Hammer
Girls	16	High Jump
Girls	18	Triple Jump
Boys	17	Javelin

##### **11.00 a.m.**

Girls	15	Hammer
Girls	17	Triple Jump
Boys	14	Javelin

##### **11.30 p.m.**

Boys	16	High Jump
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##### **12.00 p.m.**

Girls	16	Hammer
Girls	18	Javelin
Boys	19	Triple Jump

##### **1.00 p.m.**

Girls	15	High Jump
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##### **1.30 p.m.**

Girls	17	Hammer
Boys	17	Triple Jump
Boys	18	Javelin

##### **2.30 p.m.**

Girls	14	High Jump
Girls	18	Hammer
Boys	18	Triple Jump
Girls	13	Javelin

##### **3.30 p.m.**

Girls	19	Hammer
Girls	16	Triple Jump
Boys	13	Javelin

## Day 2 Saturday 9th July 2022

The Committee reserve the right to alter the timetable.

**Check in Opens 8.30am**

**Check in closes 9.15 a.m. Girls Walks**

**10.00 a.m.**

Girls 14, 15, 16 2000m Walks Finals

Girls 17, 18, 19 3000m Walks Finals

**Check in closes 10.30 a.m. 400m**

**11.15 a.m.**

Girls 17, 18 & 19 400m Heats

Boys 17, 18 & 19 400m Heats

**Check in closes 11.15 a.m. Boys Walks**

**12:00 p.m.**

Boys 14, 15 2000m Walks Finals

Boys 16, 17 3000m Walks Finals

Boys 18, 19 5000m Walks Finals

**Check in closes 12:15 p.m. Sprints**

**1.30 p.m.**

**400m FINALS**

**1.45 p.m.**

Girls & Boys 13 60m Heats

Girls & Boys 14 80m Heats

Girls & Boys 15 100m Heats

Girls & Boys 16 100m Heats

Girls & Boys 17 100m Heats

Girls & Boys 18 100m Heats

Girls & Boys 19 100m Heats

**Check in closes 3.00 p.m. 3000m**

**3.45 p.m.**

Boys 16, 17, 18, 19 3000m

Girls 16, 17, 18, 19 3000m

**5.00 pm. SPRINT FINALS**

**10.00 a.m.**

Girls 14 Discus

Boys 14 Hammer

Boys 17 High Jump

Boys 15 Long Jump (Pit 1)

Boys 13 Long Jump (Pit 2)

Girls 17 Shot Putt

Boys 16 Triple Jump

**11.00 a.m.**

Boys 15 Discus

Boys 18 Hammer

Boys 19 Javelin

Girls 14 Long Jump (Pit 1)

Girls 13 Long Jump (Pit 2)

Girls 19 Triple Jump

Girls 15-16 Pole Vault

Boys 17 Shot Putt

**11.30 p.m.**

Boys 14 High Jump

**12.00 p.m.**

Girls 16 Discus

Boys 16 Hammer

Girls 19 Javelin

Girls 18 Shot Putt

Boys 15 Triple Jump

Boys 17 Long Jump (Pit 1)

**13.00 p.m.**

Boys 18 High Jump

Girls 14 Javelin

**13.30 p.m.**

Boys 18 Discus

Boys 17 Hammer

Boys 19 Shot Putt

Girls 17-19 Pole Vault

Girls 15 Long Jump

Girls 16 Long Jump (Pit 2)

**14.30 p.m.**

Boys 15 High Jump

Girls 15 Discus

Boys 19 Hammer

Girls 17 Javelin

Girls 19 Shot Putt

Boys 14 Long Jump (Pit 1)

Boys 16 Long Jump (Pit 2)

**15.30 p.m.**

Boys 16 Discus

Boys 15 Hammer

Boys 18 Shot Putt

Day 3 Sunday 10<sup>th</sup> July 2022Check in opens 8.30The Committee reserve the right to alter the timetable.Check in closes 9.15a.m 200m**10.00 a.m.**

Girls & Boys 14	200m	Heats
Girls & Boys 15	200m	Heats
Girls & Boys 16	200m	Heats
Girls & Boys 17	200m	Heats
Girls & Boys 18	200m	Heats
Girls & Boys 19	200m	Heats

Check in closes 10.30 a.m. 1500m**11:30 a.m.**

Girls & Boys 14	1500m	Heats
Girls & Boys 15	1500m	Heats
Girls & Boys 16	1500m	Heats
Girls & Boys 17	1500m	Heats
Girls & Boys 18	1500m	Heats
Girls & Boys 19	1500m	Heats

**200m/1500m FINALS WILL BE HELD AT  
HEAT TIME IF HEATS ARE NOT REQUIRED**

Check in closes 1.00 p.m. Hurdles**1.30 p.m. 200m FINALS****2.30 p.m.**

Girls	15	250m Hurdles	2'3" 68.6cm
Girls	16	250m Hurdles	2'3" 68.6cm
Boys	15	250m Hurdles	2'6" 76.2cm
Boys	16	250m Hurdles	2'6" 76.2cm
Girls	17	300m Hurdles	2'6" 76.2cm
Boys	17	300m Hurdles	2'6" 76.2cm
Girls	18	400m Hurdles	2'6" 76.2cm
Girls	19	400m Hurdles	2'6" 76.2cm
Boys	18	400m Hurdles	2'9" 84.0cm
Boys	19	400m Hurdles	3'0" 91.4cm

**HURDLE FINALS IN SAME ORDER****4.00 p.m.****1500m FINALS****10.00 a.m.**

Girls	17	Discus
Girls	18	Long Jump
Boys	19	High Jump
Boys	16	Javelin
Boys	15	Shot Putt

**11.00 a.m.**

Boys	17	Discus
Boys	18	Long Jump
Girls	19	High Jump
Girls	15	Javelin
Boys	15-16	Pole Vault
Boys	14	Shot Putt

**12.00 p.m.**

Girls	18	Discus
Girls	17	Long Jump
Girls	18	High Jump
Girls	16	Javelin
Girls	14	Shot Putt

**13.30 p.m.**

Boys	14	Discus
Boys	15	Javelin
Boys	17-19	Pole Vault
Girls	19	Long Jump
Boys	16	Shot Putt
Girls	17	High Jump

**14.30 p.m.**

Boys	19	Long Jump
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Girls	19	Discus
Girls	16	Shot Putt

**15.30 p.m.**

Boys	19	Discus
Girls	15	Shot Putt

## Juvenile Track & Field "B" Championships and Inter-Club Relays Saturday 16th July 2022

**Check-in Opens 8.30 a.m.**

### **TRACK**

10:00	60m Heats	U12 Girls U12 Boys
	80m Heats	U13 Girls U13 Boys U14 Girls U14 Boys
	100m Heats	U15 Girls U15 Boys U16 Girls U16 Boys

### **FIELD**

10:00	Shot Putt	U15 + U16 Girls U15 + U16 Boys U14 Girls U14 Boys U13 Girls U13 Boys U12 Girls U12 Boys
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### **FINALS TO BE HELD IN SAME ORDER**

12:00	4x400m	U18 Girls			
	4x400m	U18 Boys			
	4x100m	U13 Girls	10:15	Long Jump 1	U12 Girls U13 Girls U14 Girls U15+ U16 Girls
	4x100m	U13 Boys			
	4x100m	U15 Girls			
	4x100m	U15 Boys			
	4x100m	U17 Girls			
	4x100m	U17 Boys	10:15	Long Jump 2	U12 Boys U13 Boys U14 Boys U15 + U16 Boys
	4x100m	U19 Girls			
	4x100m	U19 Boys			

### **FINALS TO BE HELD IN SAME ORDER**

14:30	600m Heats	U12 Girls U12 Boys U13 Girls U13 Boys	10:00	High Jump	U13 Girls U13 Boys U12 Girls U12 Boys U15 + U16 Girls U15 + U16 Boys U14 Girls U14 Boys
	800m Heats	U14 Girls U14 Boys U15 Girls U15 Boys U16 Girls U16 Boys			

### **ALL 600m/800m RACES ARE HEAT DECLARED WINNERS (NO FINALS)**

15:30	4x400m	U17 + U19 Girls
	4x400m	U17 + U19 Boys
	4x100m	U14 Girls
	4x100m	U14 Boys
	4x100m	U16 Girls
	4x100m	U16 Boys
	4x100m	U18 Girls
	4x100m	U18 Boys

### **FINALS TO BE HELD IN SAME ORDER**

## Juvenile Combined Events 23<sup>rd</sup> & 24<sup>th</sup> July 2022

**NOTE: U14, U15, U16 PENTATHLON WILL TAKE PLACE ON Saturday 23<sup>rd</sup> July**

## SECTION 3: JUVENILE CROSS-COUNTRY CHAMPIONSHIPS

Sat 22 <sup>nd</sup> January 2022	<b>Celtic Games International</b>	Dundonald, Belfast
Sun 13th February 2022	<b>Juvenile B Cross Country, (2021)</b> <b>Start:</b> 11.30am <b>Entry Fee:</b> €5/Individual, Late Fee, €10 €15/Club Team, Late Fee €22.50 €20/County Team, Late Fee €30 <b>Closing Date:</b> 3 <sup>rd</sup> February 2022 <b>Entries:</b> Online through Club Secretaries	Fermoy, Cork
Sun 13th February 2022	<b>Juvenile Inter Club Relays, (2021)</b> <b>Start:</b> 12.30pm <b>Entry Fee:</b> €10/Club Team, Late Fee €20 <b>Closing Date:</b> 3 <sup>rd</sup> February 2022 <b>Entries:</b> Online through Club Secretaries	Fermoy, Cork
<b>2022</b>	<b>Juvenile Inter Club Relays</b> <b>Start:</b> <b>Entry Fee:</b> €10/Club Team, Late Fee €20 <b>Closing Date:</b> <b>Entries:</b> Online through Club Secretaries	TBC
Sun 20th November 2022	<b>Juvenile “A” Championships Even Ages</b> <b>Start:</b> 11.30am <b>Entry Fee:</b> €5/Individual, Late Fee €10 €15/Club Team, Late Fee €22.50 €20/County Team, Late Fee €30 €25/Regional Team, Late Fee €37.50 <b>Closing Date:</b> 10 <sup>th</sup> November 2022 <b>Entries:</b> Online through Regional Secretaries	Venue TBC
Sun 4th December 2022	<b>Juvenile “A” Championships Uneven Ages</b> <b>Start:</b> 11.30am <b>Entry Fee:</b> €5/Individual, Late Fee €10 €15/Club Team, Late Fee €22.50 €20/County Team, Late Fee €30 €25/Regional Team, Late Fee €37.50 <b>Closing Date:</b> 24 <sup>th</sup> November 2022 <b>Entries:</b> Online through Regional Secretaries	Venue TBC



## Distances

### INTER-CLUB RELAY DISTANCES (2021 competition)

Girls & Boys 11	4 x 500m Relays
Girls & Boys 13	4 x 500m Relays

### A CROSS-COUNTRY DISTANCES

Girls	Distances	Boys	Distances
11	1500m	11	1500m
12	2000m	12	2000m
13	2500m	13	2500m
14	3000m	14	3000m
15	3500m	15	3500m
16	4000m	16	4000m
17	4000m	17	5000m
18	4000m	18	6000m
19	4000m	19	6000m

### B CROSS-COUNTRY DISTANCES

Girls	Distances	Boys	Distances
11	1000m	11	1000m
13	1500m	13	1500m
15	2500m	15	2500m
17	3000m	17	3000m

## Regulations

- WA rules apply
  - Athletes may move up one age group.
  - All entries through Regional Secretaries
  - Regional Secretaries must forward a copy of the regional results to Head Office
  - **Teams:**
    - Province, 12 athletes to run with 6 to score
    - County, 10 athletes to run with 6 to score
    - Club, 6 athletes to run with 4 to score
    - **NOTE: U19 Girls Club, 6 athletes to run with 3 to score**
  - Spot Checks will be undertaken
  - **First four (4) club teams** in the 11-19 age group all must have **competed** in the Provincial/Regional Cross Country Championships.
  - Three (3) teams from each Munster, Ulster, Connaught, 4 from Leinster and 1 Team from the Region of Dublin qualify for County Teams.
  - In the 17-19 age groups individual open entry will apply provided the athlete **has entered** in the Provincial/Regional Cross Country Championships. Open entries must be with National at closing date for competition, entries through Provincial Secretary ONLY.
  - U18 Athletes can enter both U18 and Junior race and score on Club and County teams in both age categories as long as they are entered in both age groups. U18 athletes are considered for the Junior Euro Cross team based on their finishing position in the race.
  - Athletes must be registered
  - Pacing of athletes will mean disqualification. Please inform club officials and parents.
  - **Only athletes declared on the team sheets will score.**
  - **It is strongly recommended that all athletes wear the correct footwear. No earphones should be worn at any time in call area or competition.**
  - **Medals:**
    - First 12 Individuals
    - First 3 Regional, County and Club Teams, 6 medals awarded.
- **JUVENILE 'B' CHAMPIONSHIPS: open to athletes who HAVE NOT RECEIVED an Individual, Regional, County or Club Cross Country medal at the National Championships.**
- All athletes must be registered. (2021 Ages apply for February Competition)
  - To score a County team must be entered online by the County Secretary and results will be determined by first 6 county athletes across the line, no team declaration is necessary.
- **INTER-CLUB RELAYS:**
- All athletes must be registered. (2021 Ages apply for February Competition)
  - 2022 Ages for Autumn Competition as per Congress 2021
  - Club singlets must be worn.
  - No Entries on the day of competition
  - All teams must be pre-entered online
  - First three teams receive medals; a sub must be declared and present on the day to receive medal.

## ATHLETICS IRELAND JUVENILE INDOOR CHAMPIONSHIP RECORDS

### Girls under 12

60m	8.3	Niamh Foley	St. Mary's (Limerick)	2013
600m	1.44.38	Saoirse Fitzgearld	Lucan Harriers	2018
High Jump	1.36	Jessica Lyne	Leevale	2016
Long Jump	4.47	Sophie Meridith	St. Mary's (Limerick)	2012
Shot Put (2k)	10.2	Megan Lenihan	North Cork	2014
4x100m	56.43	Dooneen		2013
300m	47.6H	Laura Milner	Celtic	2000

### Boys under 12

60m	8.24	Nkemjika Onwumereh	Metro St Brigids	2015
600m	1.40.37	Thomas Bolton	Metro St Brigids	2017
High Jump	1.4	Jack Murphy	Leevale A.C.	2009
High Jump	1.4	Ryan Onoh	Leevale A.C.	2019
Long Jump	4.75	Ryan Onoh	Leevale A.C.	2019
Shot Put (2k)	10.5	Cian Crampton	Edenderry	2018
4x100m	54.78	Dooneen		2017
300m	45.9H	Eoin Hannon	Ballyskenach	2000

### Girls under 13

60m	8.02	Niamh Foley	St. Mary's (Limerick)	2014
60m	8.02	Sabia Doyle	Menapians	2015
600m	1.38.23	Corrine Kenny	St Lawrence O'Tooles	2014
60m Hurdles	9.58	Niamh Foley	St. Mary's (Limerick)	2014
High Jump	1.51	Holly Meridith	St. Mary's (Limerick)	2014
High Jump	1.51	Siún Quinn	Brothers Pearse	2019
Long Jump	5.18	Sophie Meridith	St. Mary's (Limerick)	2013
Shot Put (2k)	12.79	Megan Lenihan	North Cork	2015
4x100m	53.81	Galway City Harriers		2015
4x200m	1.59.4	Inbhear Dee		2000
300m	46.42	Laura Scanlon	Metro St Brigids	2000

### Boys under 13

60m	7.84	Shane Gevero	Cabinteely	2016
600m	1.37.69	Padraic Spillane	St Lawrence O'Tooles	2017
60m Hurdles	9.26	John Cashman	Leevale	2018
High Jump	1.65	Kyle Ettoh	Leevale	2017
Long Jump	5.11	Kyle Ettoh	Leevale	2017
Shot Put (2k)	14.51	James Kelly	Finn Valley	2012
4x100m	53.16	Galway City Hrs		2011
4x200m	1.59.3	KCK		2000
300m	43	Gary Dunphy	St Pauls	2000

### Girls under 14

60m Hurdles	9	Molly Scott	St Lawrence O'Tooles	2012
60m	7.85	Katie Monteith	City of Lisburn	2016
800m	2.16.12	Corrine Kenny	St Lawrence O'Tooles	2015
Walk 1000m	4.58.56	Bridget Gahan	Hacketstown	2000
High Jump	1.63	Caitriona Farrell	Craughwell	2005
Long Jump	5.39	Sophie Meridith	St. Mary's (Limerick)	2014
Shot Put (2k)	14.64	Aoibhin McMahon	Blackrick (Louth)	2016
4x200m	1.49.45	St Lawrence O'Tooles		2014
Combined Events	3201	Sophie Meridith	St. Mary's (Limerick)	2014
60m	7.8 H	Susan Larkin	Dom Savio	1994
Walk 1000m	4.45.9 H	Ann O'Malley	Bilboa	1996

## Boys under 14

60m Hurdles	8.82	John Cashman	Leevale	2019
60m	7.47	Shane Gevero	Cabinteely	2017
800m	2.11.45	Liam Markham	St. Mary's (Clare)	2005
Walk 1000m	4.46.8 H	Christopher Dalton	Hacketstown	2000
High Jump	1.68	Mark Rogers	St. Peter's A.C.	2009
Long Jump	5.83	Danny Kelly	Belgooly	2017
Shot Putt (2.72k)	15.38	James Kelly	Finn Valley A.C.	2013
4x200m	1.47.07	Portmarnock		2015
Combined Events	2892	Harry Nevin	Leevale	2017
1000m	2.56.1 H	Patrick Holbrook	St. Josephs	1996
Walk 1000m	4.45.9 H	Seamus O'Donnell	St. Fionas	1994

## Girls under 15

60m Hurdles	8.78	Ella Scott	Leevale	2018
60m	7.6	Ann O'Shea	Ferrybank A.C.	2009
800m	2.13.16	Emma Moore	Galway City Harriers	2018
Walk 1000m	4.29.04	Kate Veale	West Waterford	2008
High Jump	1.66	Ciara Kennelly	Kilarny Valley	2016
Long Jump	5.49	Ciara Giles Doran	Ferrybank A.C.	2009
Pole Vault	2.6	Ava Rochford	Ennis TC	2019
Shot Putt (2.72k)	14.18	Casey Mulvey	Inny Vale	2017
4x200	1.46.82	St Lawrence O'Toole's		2015
Combined Events	3204	Hannah Falvey	Belgooly	2020
1000m	2.59.9 H	Emer O'Shea	St. Michaels	1995
Long Jump	5.5	Ciara Kearns	Celbridge	1998

### Boys under 15

60m Hurdles	8.60 (ET)	Harry Nevin	Leevale	2018
60m Hurdles	8.5H	Daniel Ryan	Moycarkey Coolcree	2013
60m	7.26	Michael Farrelly	Portmanock	2016
800m	2.03.85	Shane Fitzsimons	Mullingar hrs.	2009
Walk 1000m	4.20.29	Gearoid McMahon	Shannon	2014
High Jump	1.86	Jason Harvey	Lagan Valley	2005
Long Jump	6.14	Daniel Ryan	Moycarkey Coolcree	2013
Pole Vault	2.9	Adam Nolan	St Lawrence O'Tooles	2018
Shot Putt (3k)	16.32	Karlis Kaugars	Dunleer	2019
4x200m	1.40.92	St Lawrence O'Tooles		2014
Combined Events	3349	Harry Nevin	Leevale	2018
1000m	2.43.8 H	Thomas McKeown	West Wicklow	1996
60m	7.2 H	Darragh Graham	Inbhear Dee	1998
Shot Putt (3.25k)	16.78	James Kelly	Finn Valley	2014

### Girls under 16

60m Hurdles	8.6H	Molly Scott	St Lawrence O'Tooles	2014
60m	7.67	Rhasidat Adeleke	Tallaght	2017
200m	24.46	Rhasidat Adeleke	Tallaght	2017
800m	2.13.01	Victoria Lightbody	City of Lisburn	2019
1500m	4.28.76	Aimee Hayde	Newport	2018
Walk 1500m	6.46.54	Emily McHugh	Naas	2017
High Jump	1.73	Aisling Croke	Doneen A.C.	2010
Long Jump	5.74	Sarah Mc Carthy	Fingallians	2010
Pole Vault	3	Una Brice	Leevale	2019
Shot Putt (3k)	14.67	Casey Mulvey	Inny Vale	2018
4x200m	1.43.93	Ferrybank		2009
Combined Events	3551	Elizabeth Morland	Cushinstown	2013
Shot Putt (3.25k)	12.15	Kathleen Fitzgerald	Leevale	2002

### Boys under 16

60m Hurdles	8.14	Daniel Ryan	Moycarkey Coolcree	2014
60m	7.09	Joseph Ojemumi	Tallaght	2012
60m	7.09	David Murphy	Gowran	2015
200m	22.88	David Murphy	Gowran	2015
800m	1.58.03	Aaron McGlynn	Finn Valley	2015
1500m	4.09.61	Cian McBride	North Sligo	2012
Walk 1500m	6.33.39	Gearoid McMahon	Shannon	2015
High Jump	1.93	Jason Harvey	Ballymena Antrim	2006
Long Jump	6.58	Daniel Ryan	Moycarkey Coolcree	2014
Pole Vault	3.5	Adam Nolan	St Lawrence O'Tooles	2019
Shot Putt (4k)	17.6	James Kelly	Finn Valley	2015

4x200m	1.35.21	Leevale		2017
Combined Events	3687	Daniel Ryan	Moycarkey Coolcree	2014
1500m	4.07.8 H	James Nolan	Ferbane	1992

## Girls under 17

60m Hurdles	8.5	Megan Maars	City of Lisburn	2013
60m	7.43	Rhasidat Adeleke	Tallaght	2018
200m	23.98	Rhasidat Adeleke	Tallaght	2018
800m	2.12.50	Elizabeth McWilliams	Ballymena & Antrim	2003
1500m	4.40.14	Nadia Power	Templeogue	2014
Walk 1500m	6.18.54	Kate Veale	West Waterford	2010
High Jump	1.76	Elizabeth Morland	Cushinstown	2014
Long Jump	5.76	Ciara Kearns	Celbridge	2000
Pole Vault	3.25	Emma Coffey	Carraig-Na-Bhfear	2017
Shot Put (3k)	15.08	Micheala Walsh	Swinford	2014
4x200m	1.43.08	Carrick-on-Suir		2016
Combined Events	3877	Kate O'Connor	Dundalk St Gerards	2016
Shot Putt	13.91	Claire Fitzgerald	Tralee Hrs	2007

## Boys under 17

60m Hurdles	8.14	Daniel Ryan	Moycarkey Coolcree	2015
60m	6.98	Israel Olutunde	Dundealigan	2018
200m	21.97	Aaron Sexton	North Down	2016
800m	1.52.67	Cian McPhillips	Longford	2018
1500m	3.57.28	Cian McPhillips	Longford	2018
Walk 1500m	6.07.00	Gearoid McMahon	Shannon	2016
High Jump	1.98	Ryan Carthy Walshe	Adamstown	2015
Long Jump	6.78	Daniel Ryan	Moycarkey Coolcree	2015
Pole Vault	3.71	Adam O'Dwyer	Moycarkey Coolcree	2018
Shot Putt (5k)	16.09	James Kelly	Finn Valley	2016
4x200m	1.33.16	Leevale		2014
Combined Events	3578	Daniel Ryan (Youth)	Moycarkey Coolcree	2015
60m Hurdles	8.1 H	Timothy Flannery	Nenagh Olympic	1998
60m	6.9 H	David Nolan	Bray Striders	1994
400m	51.04	David McCarthy	Celbridge	2000
1500m	4.00.73	Gareth Turnbull	St. Malachy's	1995
Long Jump	6.83	Richard Phelan	Carrick on Suir	1997

### Girls under 18

60m Hurdles	8.33	Molly Scott	St Lawrence O'Tooles	2016
60m	7.42	Molly Scott	St Lawrence O'Tooles	2016
200m	24.09	Rhasidat Adeleke	Tallaght	2019
400m	55.54	Davica Patterson	Beechmount Harriers	2017
800m	2.13.83	Alanna Lally	Galway City Hrs	2013
1500m	4.38.65	Nadia Power	Templeogue	2015
Walk 1500m	6.07.67	Kate Veale	West Waterford	2011
High Jump	1.75	Grainne Moggan	Bros Pearse	2007
High Jump	1.75	Sommer Lecky	Finn Valley	2017
High Jump	1.75	Katherine O'Connor	Dundalk St Gerards	2017
Long Jump	6.1	Kelly Proper	Ferrybank	2005
Triple Jump	11.86	Caoimhe King	Westport A.C.	2009
Pole Vault	3.3	Ellen McCartney	City of Lisburn	2016
Shot Put (3k)	15.58	Micheala Walsh	Swinford	2015
4x200m	1.43.11	Ferrybank		2005
Combined Events	3841	Anna McAuley (Youth)	City of Lisburn	2018
60m	7.5 H	Emily Maher	Kilkenny City Hrs	1996
300m	40.0H	Gemma Hynes	Galway City Hrs	2005
Shot Putt (3.25k)	13.17	Fionnuala Lombard	Leevale	2000

### Boys under 18

60m Hurdles	8.04	Andrew Creamer	Annalee	2012
60m	6.9	Israel Olatunde	Dundealga	2019
200m	21.77	David McDonald	Menapians	2016
400m	49.59	John Fitzsimons	Kildare	2015
800m	1.55.38	Garry Campbell	Dunleer	2014
1500m	3.53.37	Shane Fitzsimons	Mullingar Harriers	2012
1500m Walk	6.11.90	Gearoid McMahon	Shannon	2017
High Jump	2.1	Donagh Mahon	Gowran	2014
Long Jump	6.83	Eoin O'Carroll	Tralee Harriers	2012
Triple Jump	13.96	Darren Prout	Carrick-on-Suir	2014
Pole Vault	4	Shane Martin	Ballymena & Antrim	2016
Shot Putt (5k)	18.11	John Kelly	Finn Valley	2013
4x200m	1.30.57	Tallaght		2014
Combined Events	3499	Brian Lynch (Youth)	Old Abbey	2018
800m	1.50.15	James Nolan	Ferbane	1994
1500m Walk	5.59.9 H	Colin Griffin	Ballinamore	1999
Long Jump	7.7	Kevin Burke	Dooneen	1998

### Girls under 19

60m Hurdles	8.44	Elizabeth Morland	Cushinstown	2016
60m	7.44	Patience Jumbo-Gula	Dundalk St Gerards	2019
200m	24.4	Lauren Cadden	Sligo	2018
400m	55.28	Jenna Bromell	Emerald	2015
800m	2.09.74	Ciara Everard	Kilkenny City Harriers	2008
1500m	4.40.24	Shona O'Brien	Gneeveguilla	2018
Walk 1500m	6.12.49	Kate Veale	West Waterford	2012
High Jump	1.77	Catriona Farrell	Craughwell	2010
Long Jump	5.85	Elizabeth Morland	Cushinstown	2016
Triple Jump	12.29	Caoimhe King	Westport	2010
Pole Vault	3.35	Ciara Hickey	Blanery/Inniscara	2018
Shot Putt (4k)	14.78	Michaela Walsh	Swinford	2016
4x200m	1.43.69	Dundrum South Dublin		2016
Combined Events	4108	Kate O'Connor	Dundalk St Gerards	2018
60m	7.5	Ciara Sheehy	West Dublin	1998

### Boys under 19

60m Hurdles	8.16	Daniel Ryan	Moycarkey Coolcroo	2017
60m	6.7 H	Marcus Lawlor	St Lawrence O'Tooles	2013
200m	21.29	Marcus Lawlor	St Lawrence O'Tooles	2013
400m	48.96	Paul Murphy	Ferrybank	2014
800m	1.52.85	Louis O'Loughlin	Donore Harriers	2019
1500m	3.53.90	Shane Fitzsimons	Mullingar Harriers	2013
Walk	5.46.26	Colin Griffin	Ballinamore	2000
High Jump	2.1	Barry Pender	St. Abbans	2008
High Jump	2.1	Ryan Carthy Walshe	Adamstown	2017
Long Jump	7.09	Eoin Hannon	Tullamore Hrs	2007
Triple Jump	14.27	Jordan Hoang	Tullamore Hrs	2016
Pole Vault	4.25	Shane Martin	Ballymena and Antrim	2017
Shot Putt (6k)	17.8	John Kelly	Finn Valley	2014
4x200m	1.31.08	Tallaght		2015
Combined Events	3362	Simon Doyle	St Lawrence O'Tooles	2011
60m Hurdles	7.9 H	Alan Delaney	Castlereagh	1998



## ATHLETICS IRELAND JUVENILE OUTDOOR CHAMPIONSHIP RECORDS

### Girls under 12

60m	8.29 (+0.3)	Niamh Foley	St Mary's AC (Limerick)	2013
600m	1.40.74	Aimee Wallace	Mullingar Harriers	2017
Turbo Javelin	31.9	Amy Whelan	Liscarroll	2015
High Jump	1.43	Cara Ryan	Clonmel	2021
Long Jump	4.82	Sophie Meredith	St Mary's AC (Limerick)	2012
Shot (2 kg)	11.39	Megan Leinhan	North Cork	2014
4x100m	55.31		Crookstown Millview A.C.	2018

### Girls under 13

80m	10.15 (+0.7)	Sabia Doyle	Menapians	2015
600m	1.35.15	Corrine Kenny	St Lawrence O'Toole's AC	2014
60m Hurdles	9.52 (-0.5)	Laura Frawley	St Mary's AC (Limerick)	2016
Javelin (400g)	35.82	Megan Lenihan	North Cork	2015
Shot (2kg)	14.07	Aoibhinn McMahon	Blackrock (Louth)	2015
Long Jump	5.25 (+1.6)	Sophie Meredith	St Mary's AC (Limerick)	2013
High Jump	1.55	Ava Rochford	Ennis Track Club	2017
4x100m	52.63		Galway City Harriers	2015

### Girls under 14

80m	10.02 (+0.5)	Niamh Foley	St Mary's (Limerick)	2015
200m	24.97 (-0.8)	Anne O'Shea	Ferrybank	2008
800m	2.13.86	Erinn Leavy	Dunleer AC	2019
1500m	4.41.95	Emer McKee	Willowfield Harriers AC	2021
2000m Walk	10.09.89	Alicia Boylan	Oriel A.C.	2009
75m Hurdles	11.25 (+1.6)	Seren O'Toole	Galway City Harriers	2015
Hammer (2.5kg)	46.59	Jade Williams	Shercock	2014
Javelin (400g)	41.73	Amy Whelan	Liscarroll	2017
Shot (2 kg)	15.16	Aoibhin McMahon	Blackrock (Louth)	2016
Discus (0.75 kg)	39.36	Megan Lenihan	North Cork	2016
Long Jump	5.26	Joanna Mills	Ballymena & Antrim AC	2006
High Jump	1.62	Leona Byrne	St Lawrence O'Toole's AC	2000
4x100m Relay	51.41		St Lawrence O'Toole's AC	2014
Combined Events	3003	Ava Rochford	Ennis Track Club	2018

### Girls under 15

100m	12.10 (+0.8)	Patience Jumbo-Gula	Dundalk St Gerards	2015
200m	25.18 (-0.1)	Niamh Foley	St Mary's A.C. (Limerick)	2016
800m	2.11.98	Emma Moore	Galway City Harriers	2018
1500m	4.35.62	Aimee Hayde	Newport	2017
2000m Walk	9.37.0	Kate Veale	West Waterford A.C.	2008
80m Hurdles	11.54	Kate McGowan	Tir Chonaill	2011
250m Hurdles	34.9	Miriam Daly	Carrick-on-Suir	2015
Hammer (2.5kg)	53.21	Jade Williams	Shercock	2015
Javelin (400g)	42.41	Aoibhin McMahon	Blackrock (Louth)	2017
Shot (2.72 kg)	13.93	Ciara Sheehy	Liscarroll	2016
Discus (0.75kg)	42.52	Megan Lenihan	North Cork AC	2017
High Jump	1.68	Tara O'Connor	Dundalk St Gerards	2021
Long Jump	5.85	Sophie Meredith	St Mary's A.C. (Limerick)	2015
Pole Vault	2.65	Aisling Cassidy	Bandon	2015
4x100m Relay	49.98		Ferrybank	2003
Combined Events	3426	Sophie Meredith	St Mary's A.C. (Limerick)	2015

### Girls under 16

100m	11.98 (+0.0)	Rhasidat Adeleke	Tallaght	2017
200m	24.93 (+1.4)	Niamh Whelan	Ferrybank A.C.	2005
800m	2.11.63	Aimee Hayde	Newport	2018
1500m	4.30.91	Aimee Hayde	Newport	2018
3000m	10.25.57	Roisin Treacy	Ashford AC	2017
2000m Walk	8.38.73	Kate Veale	West Waterford A.C.	2009
80m Hurdles	11.47 (+2.0)	Elizabeth Morland	Cushinstown	2013
250m Hurdles	34.25	Ciara Giles Doran	Ferrybank A.C.	2010
Discus (1 kg)	39.71	Kayleigh Cronin	Spa Muckcross	2011
Javelin (500g)	41.78	Kate O'Connor	Dundalk St Gerards	2015
Shot Putt (3k)	14.14	Aoibhin McMahon	Blackrock (Louth)	2018
Shot Putt (3.25k)	12.3			2006
Hammer (3k)	54.33	Jade Williams	Shercock	2016
Hammer (3.25k)	56.34	Rachel Akers	East Clare	2000
Triple Jump	10.64 (+1.0)	Ellen McNally	Greystones & District	2018
High Jump	1.72	Sommer Lecky	Finn Valley	2015
High Jump	1.72	Aoife O'Sullivan	Liscarroll	2018
Long Jump	5.96 (-0.8)	Laura Frawley	St Mary's (Limerick) AC	2019
Pole Vault	3.16	Una Brice	Leevale AC	2019
4x100m Relay	49.4		Galway City Hrs	2003
Combined Events	3512	Kate O'Connor	Dundalk St Gerards	2015

**Girls under 17**

100m	12.03 (+1.8)	Johanna Mills	Ballymena & Antrim	2009
200m	24.73 (+0.5)	Lauren Ryan	Dooneen	2015
400m	56.13	Davicia Patterson	Beechmount Harriers	2016
800m	2.10.99	Aimee Hayde	Newport	2019
<b>1500m</b>	<b>4.31.50</b>	<b>Kirsti Charlotte Foster</b>	<b>Willowfield Harriers AC</b>	<b>2021</b>
3000m	10.36.16	Hannah O'Keeffe	Thomastown AC	2019
3000m Walk	13.16.19	Kate Veale	West Waterford A.C.	2010
2000m S/C	7.06.73	Roisin O'Reilly	Menapians	2018
100m Hurdles	13.98 (+1.3)	Anna McAuley	City of Lisburn	2017
300m Hurdles	41.84	Ciara Giles Doran	Ferrybank A.C.	2011
Discus (1 kg)	41.04	Ciara Sheehy	Emerald A.C.	2018
Hammer (3k)	60.83	Michaela Walsh	Swinford	2014
Hammer (3.25 k)	55.73	Rachel Akers	Unattached	2001
Shot Putt (3 kg)	15.13	Michaela Walsh	Swinford	2014
Shot Putt (3.25 kg)	12.67	Laura McSweeney	Bandon	2011
Javelin (500g)	44.23	Orlaith O'Brien	Ferrybank	2015
Javelin (600g)	35.87	Olivia McDonald	St Peter's AC	2006
Long Jump	5.99	Johanna Mills	Ballymena & Antrim	2009
Pole Vault	3.3	Emma Coffey	Carraig-Na-Bhfear A.C.	2017
Triple Jump	11.79	Maria Carey	Newport	2014
High Jump	1.74	Sommer Lecky	Finn Valley	2016
4x100m Relay	49.37		Carrick-on-Suir A.C.	2016
4x100m Relay	49.0H		Emerald A.C.	2010
4 x 400m Relay	4.01.79		St Lawrence O'Toole's AC	2017
Combined Events	4172	Molly Curran	Carmen Runners	2019

**Girls under 18**

100m	12.09 (-2.2)	Sarah Murray	Fingallians AC	2010
200m	24.81 (-2.71)	Roseanna McGuickian	City of Lisburn	2014
400m	55.51	Ciara Deely	Kilkenny City Harriers	2017
800m	2.12.43	Laura Scriven	St Lawrence O'Toole's AC	2005
1500m	4.31.21	Suzanne Huet	Dundrum South Dublin	2007
3000m	9.32.04	C. Ffrench O'Carroll	DSD	2007
3000m Walk	12.18.86	Kate Veale	West Waterford	2011
2000m S/C	6.58.38	Laura Nicholson	Bandon	2017
100m Hurdles	13.76 (+0.2)	Elizabeth Morland	Cushinstown	2015
400m Hurdles	61.22	Kelly-Ann Doyle	Carrick-on-Suir	2014
<b>Hammer (3k)</b>	<b>60.90</b>	<b>Adrienne Gallen</b>	<b>Lifford Strabane AC</b>	<b>2021</b>
Hammer (4 k)	51.07	Rachel Akers	Marian	2002
Shot (3 kg)	16.43	Michaela Walsh	Swinford	2015
Shot Putt (4k)	12.85	Laura Cogan	Newbridge	2006
Discus	42.39	Niamh Fogerty	North Westmeath	2016
Javelin (500g)	46.57	Grace Casey	Eire Og Corra Choill A.C.	2016
Javelin (600g)	39.56	Lisa Fryer	Lagan Valley	2001
Long Jump	6.00 (-1.0)	Sarah McCarthy	Mid-Sutton AC	2012
<b>Pole Vault</b>	<b>3.50</b>	<b>Una Brice</b>	<b>Leevale A.C.</b>	<b>2021</b>
Triple Jump	11.86	Caoimhe King	Westport	2009
High Jump	1.74	Kate O'Connor	Dundalk St Gerards	2017
4x100m Relay	48.76		Ferrybank AC	2006
4 x 400m	3.59.73		Galway City Harriers	2019
Combined Events	4135	Maeve Hayes	St Pauls AC	2019

### Girls under 19

100m	12.03 (+0.7)	Lauren Cadden	Sligo AC	2018
200m	24.48 (+0.0)	Lauren Cadden	Sligo AC	2018
400m	55.28	Joanne Cuddihy	Kilkenny City Hrs	2002
800m	2.07.7 H	Aislinn Crossey	Newry AC	2013
1500m	4.32.54	Azmera Gebrezgi	Celtic	2004
3000m	9.50.00	Breffni Twohig	D.S.D.	2005
3000m Walk	14.05.42	Maeve Curley	Craughwell A.C.	2010
3000m S/C	11.35.64	Alison Armstrong	Celtic DCH	2015
100m Hurdles	14.42 (+0.3)	Mairead Murphy	Ferrybank A.C.	2007
400m Hurdles	61.59	Jessie Barr	Ferrybank A.C.	2007
Shot (4 kg)	13.3	Claire Fitzgerald	Tralee Harriers	2009
Discus (1 kg)	45.17	Niamh Fogerty	North Westmeath	2017
<b>Hammer (4 kg)</b>	<b>60.08</b>	<b>Nicola Tuthill</b>	<b>Bandon AC</b>	<b>2021</b>
Javelin (600g)	43.85	Grace Casey	Eire Og Corra Choill A.C.	2017
Long Jump	6.14	Kelly Proper	Ferrybank	2006
Triple Jump	11.76 (-2.5)	Saragh Buggy	St Abban's AC	2012
High Jump	1.73	Sorcha Murphy	Ferrybank	2012
High Jump	1.73	Sharon Heveran	Westport AC	2003
Pole Vault	3.4	Nikita Savage	Youghal A.C.	2010
4x100m Relay	48.79		Ferrybank	2017
4x400m Relay	3.59.43		Dundrum South Dublin	2016
Combined Events	3141	Caoimhe Rowe	Trim	2019

### Boys under 12

60m	8.14 (-1.1)	John Ikpotokin	St Michael's AC	2016
600m	1.37.75	Thomas Bolton	Metro St Brigids AC	2017
Turbo Javelin	34.63	Brian McCulloch	Celbridge AC	2019
Shot (2kg)	11.68	James Kelly	Finn Valley	2011
High Jump	1.53	Kyle Ettoh	Leevale	2016
Long Jump	4.83	Ryan Onoh	Leevale	2019
4x100m	54.39		Dooneen	2015

### Boys under 13

80m	9.88	Shane Gevero	Cabinteely	2016
600m	1.35.21	Francis Doran	South Sligo AC	2019
60m Hurdles	9.41 (-0.3)	David Mc Donald	Menapians	2011
60m Hurdles	9.2 H	Garbhan McKenna	Glaslough Hrs	2008
Javelin (400g)	44.09	Blaine Lynch	Finn Valley	2018
Shot (2.72 kg)	15.58	Cian Crampton	Edenderry AC	2019
Long Jump	5.35	David Mc Donald	Menapians	2011
High Jump	1.56	Daragh Kelly	Craughwell AC	2019
High Jump	1.56	Sean Kavanagh	Midelton	2016
High Jump	1.56	Joseph Gillespie	Finn Valley	2016
High Jump	1.56	Evan Hallinan	Craughwell	2017
High Jump	1.56	Kyle Ettoh	Leevale	2017

4x100m	52.06		Galway City Harriers	2011
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#### Boys under 14

80m	9.49 (+1.4)	Matthew Buckley	Rataoth	2015
80m	9.4 H	Leighton Wilson	Ballymena/Antrim	2003
200m	24.11 (-0.2)	John Cashman	Leevale AC	2019
800m	2.07.26	Shane Fitzsimons	Mullingar Harriers	2008
1500m	4.22.87	Mustafa Nasir	Tallaght AC	2011
75m Hurdles	11.04 (+0.0)	Harry Nevin	Leevale	2017
2000m Walk	10.27.90	Liam McDonagh	Moycarkey Coolcree	2014
Discus (0.75 kg)	49.02	Jack Hallahan	Midleton AC	2013
Hammer (2.5kg)	59.12	Thomas Williams	Shercock AC	2021
Javelin (400g)	55.63	Karlis Kaugars	Dunleer	2018
Shot (2.72 kg)	15.52	James Kelly	Finn Valley	2013
Long Jump	5.81	Harry Nevin	Leevale	2017
High Jump	1.73	Jason Harvey	Campbell College	2004
4x100m Relay	49.92		Cabinteely	2017
Combined Events	3246	Finn O'Neill	City of Derry Spartans	2018

#### Boys under 15

100m	11.42 (+1.7)	Michael Farrelly	Portmarnock	2016
200m	22.88 (+1.1)	Glory Wenegieme	Belgooly	2018
800m	1.59.12	Aaron McGlynn	Finn Valley A.C.	2014
1500m	4.16.47	James Maguire	Dundrum South Dublin	2014
2000m Walk	9.30.56	Evan Lynch	Clonmel	2009
80m Hurdles	11.31 (+0.9)	Daniel Ryan	Moycarkey Coolcree	2013
250m Hurdles	33.28	Harry Nevin	Leevale	2018
Hammer (3kg)	58.3	Robert Higgins	Na Fianna	2016
Shot (3kg)	16.95	Liam Shaw	Athenry	2019
Discus (1kg)	56.53	Cian Crampton	Edenderry AC	2021
Javelin (500g)	56.78	Tadhg O'MUIRCHEARTAIGH	Dunboyne	2017
Long Jump	6.18	Timothy Harrington	Courcies	2005
Long Jump	6.18	David McDonald	Menapians	2013
High Jump	1.83	Geoffrey O'Regan	Sun Hill Harriers	2018
Pole Vault	3.4	Adam O'Dwyer	Moycarkey Coolcree	2016
Triple Jump	12.12	Timothy Harrington	Courcies	2005
4x100m Relay	46.54		Leevale	2016
Combined Events	3886	Finn O'Neill	City of Derry Spartans	2019

### Boys under 16

100m	11.13 (+0.4)	Michael Farrelly	Portmarnock	2017
200m	22.67 (-0.7)	David Murphy	Gowran	2015
800m	1.56.07	Karl Griffen	Tir Chonaill	2010
1500m	4.00.76	Shane Quinn	Ferrybank	2007
<b>3000m</b>	<b>9.00.34</b>	<b>Cormac Dixon</b>	<b>Tallaght AC</b>	<b>2021</b>
3000m Walk	13.51.93	Oisin Lane	Mullingar Harriers	2017
100m Hurdles	13.3	Daniel Ryan	Moycarkey Coolcree	2014
250m Hurdles	31.74	Iarlaith Goulding	St Colmans South Mayo	2017
Hammer (4kg)	72.24	Adam King	Iveragh A.C.	2012
Javelin (600g)	63.04	Conor Cusack	Lake District	2017
Shot Putt (4kg)	16.94	John Kelly	Finn Valley	2011
<b>Discus (1 kg)</b>	<b>56.61</b>	<b>Corey Scanlon</b>	<b>Finisk Valley AC</b>	<b>2021</b>
Pole Vault	4.01	Conor Callinan	Leevale AC	2019
Long Jump	6.62 (-0.8)	David Ryan	Moycarkey Coolcree	2015
High Jump	1.95	Geoffrey Joy O'Regan	Sun Hill Harriers	2019
Triple Jump	13.45	Eoin O'Carroll	Tralee Harriers	2010
4x100m Relay	44.6		Leevale	2017
Combined Events	4146	Conor Hoade	Galway City Harriers	2019

### Boys under 17

100m	11.03 (-0.5)	Aaron Sexton	North Down	2016
100m	11.0 H	John Laffey	Clonliffe Harriers	2001
200m	21.65 (+1.3)	Aaron Sexton	North Down	2016
400m	49.66	Joseph Dowling	Dundrum South Dublin	2009
800m	1.52.73	Karl Griffen	Tir Chonaill	2011
1500m	4.00.41	Shane Fitzsimons	Mullingar Hrs	2011
<b>3000m</b>	<b>8.35.12</b>	<b>Harry Colbert</b>	<b>Waterford AC</b>	<b>2021</b>
3000m Walk	13.04.30	Matthew Glennon	Mullingar Harriers	2019
2000m S/C	6.20.51	Dalton Mc Guigan	Finn Valley	2011
100m Hurdles	14.01 (-1.2)	Darra Casey	Bree	2019
300m Hurdles	37.92	Iarlaith Goulding	St Colmans South Mayo	2018
Shot Putt (5 kg)	16.8	John Kelly	Finn Valley	2012
Hammer (5kg)	66.05	Fellan McGuigan	Finn Valley	2012
Discus (1.5kg)	47.47	Andrew Barkley	City of Lisburn	2013
Javelin (700g)	58.35	Conor Cusack	Lake District	2018
Long Jump	6.62	David Cussan	Old Abbey	2012
High Jump	2.08	Ryan Carthy Walshe	Adamstown	2015
Triple Jump	13.73	Jordan Hoang	Tullamore Harriers	2014
Pole Vault	3.91	Thomas Houlihan	West Waterford A.C.	2008
4x100m Relay	43.73		Leevale	2017
4x400m Relay	3.32.02		Dundrum South Dublin	2017

### Boys under 18

100m	10.89 (+0.9)	Christopher Russell	Ferrybank A.C.	2007
200m	22.08 (-1.5)	Patrick O'Connor	Clonliffe Harriers	2010
400m	48.7	Christopher O'Donnell	North Sligo	2015
800m	1.52.13	Louis O'Loughlin	Donore Harriers	2018
1500m	3.50.85	Nicholas Griggs	Mid Ulster AC	2021
3000m	8.19.76	Nicholas Griggs	Mid Ulster AC	2021
3000m S/C	9.47.6	Dalton McGuigan	Finn Valley A.C.	2012
5000m Walk	21.38.04	Oisin Lane	Mullingar Harriers	2019
110m Hurdles	14.18 (-1.5)	Shane Monagle	Tramore	2017
400m Hurdles	53.2 H	Ben Kiely	Ferrybank A.C.	2011
Shot Putt (5kg)	17.9	John Kelly	Finn Valley A.C.	2013
Discus (1.5kg)	57.68	Marco Pons	D.M.P. A.C.	2010
Javelin (700g)	59.93	Conor Cusack	Lake District	2019
Hammer (5kg)	71.9	Adam King	Iveragh	2014
Triple Jump	14.11 (+0.0)	Jordan Hoang	Tullamore Harriers	2015
Pole Vault	4.42	Conor Callinan	Leevale AC	2021
High Jump	2.1	David Cussan	Old Abbey AC	2010
Long Jump	6.93	Eoin Hannon	Tullamore Harriers	2006
4x100m Relay	43.13		Leevale	2018
4x400m Relay	3.28.41		Dundrum South Dublin	2017

### Boys under 19

100m	10.83 (-2.3)	Paul Whelan	Dublin Striders	2010
200m	21.59 (+0.7)	Christopher O'Donnell	North Sligo	2016
400m	48.02	Mark English	Letterkenny A.C.	2011
800m	1.52.58	Louis O'Loughlin	Donore Harriers	2019
1500m	3.58.12	Niall Tuohy	Ferrybank AC	2007
3000m	8.36.30	Cathal O'Reilly	Kilkenny City Harriers	2021
3000m S/C	9.40.28	Brian Flanagan	Clonliffe Harriers	2015
5000m Walk	21.36.03	Peter Muldoon	Shercock	2005
110m Hurdles	14.20 (-0.0)	James Ezenou	Leevale AC	2021
400m Hurdles	54.45	Evan McGuire	Galway City Harriers	2013
Shot (6kg)	17.14	James Kelly	Finn Valley	2018
Discus (1.75kg)	55	Marco Pons	DMP	2011
Hammer (6kg)	65.75	Owen Russell	St Andrew's AC	2015
Javelin (800g)	58.63	Danny Mullen	Strabane TC	2007
High Jump	2.1	Ryan Carthy Walshe	Adamstown	2017
Long Jump	7.25 (+1.5)	Eoin Hannon	Tullamore Harriers	2007
Pole Vault	4.41	Peter O'Brien	Raheny Shamrocks	2013
Triple Jump	13.84 (+2.0)	Brendan Lynch	Loughrea	2017
4x100m Relay	42.79		Galway City Harriers	2016
4x400m Relay	3.26.15		Leevale AC	2004



## **MOTIONS**

### **CHANGES POST CONGRESS 2021 (Virtual)**

**Motions carried at Congress pertaining to Juvenile Competition Rules will come into effect starting January 2022.**

66. THAT: the 400 m be introduced for U17 athletes in the Indoors

67. THAT: the U16 – U17 triple jump be introduced at Indoors (to match the outdoors, U16-U19)

#### **Recommendations:**

**65.** THAT: the Juvenile Club Cross Country Relay event be discontinued

Amendment: THAT: AAI retain the juvenile cross-country relays until a review can take place, taking into account the following points;

- Promote it as a significant 'A' championship event
- Move it to early in the XC season, (Sept/Oct)
- Increase the distances

### **CHANGES POST CONGRESS 2018 (Carrick on Shannon)**

**Motions carried at Congress pertaining to Juvenile Competition Rules will come into effect starting January 2019.**

48. THAT: the relay race for the U12 and U13 age groups in the National Juvenile Indoor Championships be changed from 4x100m to 4x200m.

### **CHANGES POST CONGRESS 2016 (Tullamore)**

**Motions carried at Congress pertaining to Juvenile Competition Rules will come into effect starting January 2017.**

5. THAT: the decision of the AGM 2015 to discontinue the U19 Cross Country Championships be rescinded and that the championships be reinstated into the juvenile competition program with immediate effect.

7. THAT: the Inter County Cross Country Relays be amended to the Inter Club Cross Country Relays for a trial period of 2 years. Current distances to remain as is, i.e.: 4x500m

8. THAT: a 3k event for girls U16 and U17 be added to the track and field program, bringing it in line with the same event for boys and with the Schools Athletics program and this be added to the 2017 program.

10. THAT: The first four (4) individuals from each region qualify for the National Juvenile Championships except for the 600m where the first three (3) will qualify.

15. THAT: The Boys U17 Hurdles outdoor race be changed to the following specification: Distance – 100m, Approach – 13m, Spacing – 8.5m, Number of Hurdles – 10, Height – 3'0.

17. THAT: The Boys U15 and U17 Indoor Hurdles have the same approach and spacing between hurdles as outdoors.

24. THAT: In the Hammer, athletes are allowed to use their own implements and if they so wish, are allowed exclusive use of such implements. Such implements must comply and conform to the applicable specifications and must be presented to the event organizers for approval.

25. THAT: In the Discus, athletes are allowed to use their own implements and if they so wish, are allowed exclusive use of such implements. Such implements must comply and conform to the applicable specifications and must be presented to the event organizers for approval.

32. THAT: In the case of Combined Age Categories in Inter-Club Cross Country where U18 and Junior athletes compete in the one race, that the U18 category athletes can score on both teams if declared.

**Recommendations:**

9. THAT: In order to provide greater competitive opportunities in longer distance events, the juvenile committee review the current programme, indoors and outdoors, for all ages' boys and girls.

11. THAT: The opening height for u12 boy's high jump be reduced from 1.15m to 1.05m in both indoor and outdoor track and field competition.

12. THAT: The opening height for u13 boy's high jump be reduced from 1.20m to 1.15m in both indoor and outdoor track and field competition.

60. THAT: Where a designated warm-up area with controlled access is in operation, the Competition organizers have a Coach check-in and accreditation and that registered coaches can have access to warm-up areas.

**CONGRESS CHANGES POST 2015 AGM (Dublin)**

For Juvenile Cross Country, age category U19 will be discontinued from 2015 season onwards.

**CHANGES POST CONGRESS 2014 (Cork)**

The following are the motions passed at Congress 2014 in relation to Juvenile competition

57. THAT: The Inter County 4x100m track relay competition be discontinued.

58. THAT: In the existing outdoor Combined Events Championship for Youth Boys, the Octathlon be replaced with the Decathlon in line with IAAF rule 200.2.

59. THAT: the Boys under 15 Shot Put and Hammer weight be changed to 3kg for National Championship competitions.

65. THAT: the Juvenile Committee introduces an Indoor Pole Vault Competition for Girls and Boys U15, U16, U17, U18 & U19.

63. THAT: The name Development Competition/Championships be changed back to 'B' Championships or renamed another more suitable/acceptable name.

67. THAT: the Juvenile Committee amends their current Track and Field Pole Vault competition to include Girls under 15 and 16.

69. THAT: Athletes U13 may use starting blocks; athletes U14 upwards must use starting blocks.

73. THAT: the age for the Girls Triple Jump be reduced from U17 to U16 in Track & Field. *(NOTE: this applied to outdoor only as U17 is not an age category indoors for Triple Jump)*

74. THAT: the Turbo Javelin in the National Juvenile Team Competition be contested in the standard format i.e. one throw per athlete per round as against the current procedure of three consecutive throws.

76. THAT: the under 14 boys & girls Hurdles in both Track & Field and Combined Events (Outdoor) be standardised for Boys and Girls as either 75m or 80m in both competitions (*NOTE: the distance for U14 Hurdles will be 75m*)

76a - That: the boys' under 17 100 metres hurdles/60 metres hurdles be in line with IAAF youth rules.

#### **CHANGES POST CONGRESS 2012 (Cavan)**

40. That a National Spring Throwing Competition be introduced by Athletics Ireland for the Discus, Javelin and Hammer at Juvenile, Junior, U23 and Senior level.

55. That Athletics Ireland rename Juvenile B Track & Field Championships to Development Events.

56. That Athletics Ireland Rename Juvenile B Cross Country Championships to Development Events.

58. That the National Juvenile B Championships Cross Country & Track & Field should commence at the same age as the A Championships.

That the National Development Track & Field Championships should commence at the same age as the A Championships. Athletes must compete in their own age category.

59. That Athletics Ireland present medals to the first 12 athletes in the All-Ireland Development Cross Country Championship and in the Inter Club Awards that six medals be presented to the winning club teams.

63. That teams qualifying for the Athletics Ireland Children's Games be permitted to replace a team member with a reserve for the purpose of competition.

64. That the Ball Throw in juvenile competition be replaced with the Turbo Javelin effective from 2013.

66. That the 300m under 17 and 18 girls Track & Field be increased to 400m with immediate effect to bring in line with IAAF distances for that age.

67. That the 300m under 18 girls Indoor be increased to 400m with immediate effect to bring in line with IAAF distances.

68. That the 300m hurdles under 18 Girls Track & Field events be increased to 400m hurdles with immediate effect to bring in line with IAAF distances

69. That the under 18 Boys & Girls and the under 19 Girls relay be increased to 4x 400m with immediate effect to bring in line with IAAF distances for that age.

70. That the existing combined events championships for boys and girls under 17, under 18 and under 19 be deleted and replaced as follows:

1. Youth & Junior Boys' combined events championships be held with immediate effect as follows: Octathlon (outdoors) and Pentathlon (indoors) as per IAAF Rules, 141, 200 and 222.

2. Youth & Junior Girls' combined events championships be held with immediate effect as follows: Heptathlon (outdoors) and Pentathlon (indoors) as per IAAF Rules, 141, 200 & 222

That the boys and girls under 19 be deleted and included in the Junior Category Decathlon (outdoors) and Heptathlon (indoors)

72. That girls under 16, 17 and 18 weights be realigned to reflect IAAF changes in youth weights with immediate effect.

Shot 3kg

Hammer 3kg  
Javelin 500gr

73. That Girls Hammer under 14 and 15, Boys Hammer under 14 short wire to be discontinued with immediate effect.

75. That Cross Country distances for Girls under 17, 18 & 19 be reduced to 4000m to bring in line with Junior distances.

76. That Cross Country distance for Boys under 19 be reduced to 6000m to bring in line with Junior distances.

### CHANGES POST CONGRESS 2010

That: “distances and barriers heights for Steeplechase be brought in line with World distances to allow athletes the opportunity to qualify for EYOF or World Youths.

Girls & Boys under 17: 2000m

Girls & Boys under 20: 3000m

Height for Boys / Men: 0.914m (3'0")

Height for Girls/Women: 0.762m (2' 6")

That: “no changes can be made to the National Juvenile age groups and championship events except through congress

That: “Ball throw be included in National under 12 outdoor Track & Field

That: the AAI Interclub Juvenile Relays be held in late June or early July

That: Juvenile “B” Track and Field competition be introduced for Under 15

That “ the boy’s Octathlon for 16 & 17 age groups consist of the following events to comply with IAAF rules: – 100m, Long Jump, Shot, 400m, 110m Hurdles, High Jump, Javelin & 1000m.  
(Clarified age categories U17 & U18)

That: National Juvenile Combined Events should be individual ages for U14 to U19 Indoor

That: “Cross-country distances should be increased with boys and girls running the same up to U15

	U11	U12	U13	U14	U15	U16	U17	U18	U19
Girls	1500	2000	2500	3000	3500	4000	4500	5000	5000
Boys	1500	2000	2500	3000	3500	4000	5000	6000	7000

### CHANGES POST CONGRESS 2008

That the height of the steeplechase barriers for boys under 17 1500m Steeplechase be lowered to 2'6".

That the height of the steeplechase barriers for boys under 18 2000m Steeplechase be lowered to 2'6".

That if passed by Congress, the rule change affecting the height of the barriers in boys steeplechase event come into effect immediately as it would not be an inconvenience to any athlete

That a steeplechase be introduced for the Under 17 Girl's age group

That the distances for Steeplechase for Girls be as follows:

- o Under 17 1200m
- o Under 18 1500m -
- o Under 19 2000m

That the outdoor track and field competition for age group under 12 be on an individual basis at National Level and also, where applicable, on a team basis

In the age groups U 17, U 18 and U 19 - that the minimum requirement of two athletes to be of the age group for juvenile track & field relay and team competition teams be dispensed with, so as to bring them into line with the position with regard to the composition of juvenile cross- country teams where no such minimum requirement applies

That all entries to National Juvenile Championships be accepted from Regional/Provincial Secretary only, or by a person nominated by him/her in a temporary capacity only

That the National Juvenile Rule of Competition which states "No entry or change of entry on the day" should be strictly adhered to, without exception

### **CHANGES POST CONGRESS 2006**

That: All motions concerning Juvenile Athletics shall be referred to the Juvenile Committee pursuant to Article 8.3.5.

That: 4 x 50m relays be replaced by 4x 100m relays for under 9, 10 and 11 boys and girls track & field

## Athletics Ireland Juvenile Star Awards

### **Athlete**

Breda Synott  
Marian Feehan  
Aine Pobjoy  
Eamon Gilbert  
Bill Battersby  
Keara O'Hart  
Matt McGrath  
Robin Sykes  
Roisin O Callaghan

### **Award**

International Youth Award  
Award for Combined Events  
U16 Athlete Award  
Award for Vertical Jumps  
Award for Horizontal Jumps  
Award for Sprints  
Award for Throws  
Award (Outstanding Achievement)  
Award for Walks  
International Award  
Juvenile Committee Special Recognition Award  
Overall Athlete of the Year

### Star Award Selection Criteria

- Quality of Performance or Performances in AAI National Juvenile Championships
- Overall Star Award Winner announced on the night
- Athletes notified individually
- Selection by the Juvenile Committee